



Mushroom Stuffing



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



16

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 0.7 cup butter
- ☐ 1 cup celery stalks chopped
- ☐ 0.5 cup onion finely chopped
- ☐ 6 cups mushrooms fresh sliced
- ☐ 8 cups rice vinegar
- ☐ 1 tablespoon marjoram dried fresh chopped
- ☐ 1 teaspoon poultry seasoning
- ☐ 1 teaspoon salt

☐ 0.5 teaspoon pepper

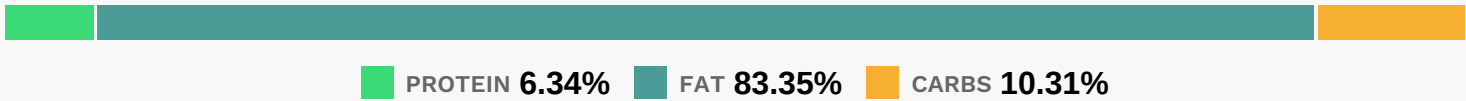
Equipment

- ☐ oven
- ☐ dutch oven
- ☐ glass baking pan

Directions

- ☐ In 4-quart Dutch oven, melt butter over medium heat. Cook celery, onion and mushrooms in butter about 3 minutes, stirring occasionally, until tender.
- ☐ Stir in half of the croutons. Cook, stirring frequently, until evenly mixed and croutons are softened. Stir in remaining croutons and ingredients. Stuff turkey just before roasting. Or spoon stuffing into greased 3-quart casserole or 13x9-inch glass baking dish; cover and bake at 325°F for 30 minutes, then uncover and bake 15 minutes longer.

Nutrition Facts



Properties

Glycemic Index:10.81, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:3.5434782608696%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 102.64kcal (5.13%), Fat: 7.77g (11.96%), Saturated Fat: 1.61g (10.05%), Carbohydrates: 2.16g (0.72%), Net Carbohydrates: 1.54g (0.56%), Sugar: 1.07g (1.19%), Cholesterol: 0mg (0%), Sodium: 244.28mg (10.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.66%), Vitamin B2: 0.15mg (9.05%), Vitamin A: 380.48IU (7.61%), Vitamin B3: 1.34mg (6.69%), Copper: 0.13mg (6.49%), Manganese: 0.12mg (6.19%), Selenium: 4.05µg (5.79%), Vitamin B5: 0.57mg (5.69%), Potassium: 148.33mg (4.24%), Phosphorus: 41.9mg (4.19%), Vitamin K: 3.76µg (3.58%), Vitamin B6: 0.05mg (2.61%), Fiber: 0.63g (2.51%), Folate: 9.96µg (2.49%), Vitamin B1: 0.03mg (2.3%), Iron: 0.4mg (2.2%), Vitamin E: 0.32mg (2.13%), Calcium: 19.34mg (1.93%), Vitamin C: 1.42mg (1.72%), Magnesium: 6.82mg (1.7%),

Zinc: 0.23mg (1.51%)