



WHATSheATE



## Mushroom Stuffing



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



16

CALORIES



140 kcal

SIDE DISH

### Ingredients

- ☐ 0.7 cup butter
- ☐ 1 cup celery stalks chopped
- ☐ 8 cups croutons
- ☐ 6 cups mushrooms fresh sliced
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon poultry seasoning
- ☐ 1 teaspoon salt

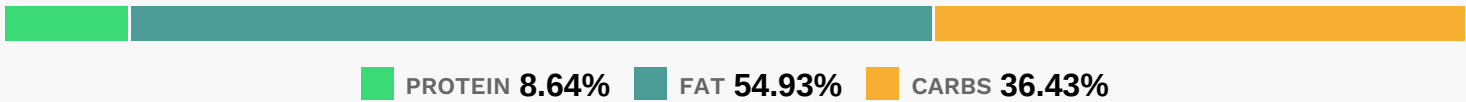
# Equipment

- ☐ 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 325F for 30 minutes, then uncover and bake 15 minutes longer.

# Nutrition Facts



# Properties

Glycemic Index:12.19, Glycemic Load:7.79, Inflammation Score:-4, Nutrition Score:5.0086956542471%

# 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: 140.4kcal (7.02%), Fat: 8.75g (13.47%), Saturated Fat: 1.83g (11.46%), Carbohydrates: 13.06g (4.35%), Net Carbohydrates: 11.72g (4.26%), Sugar: 1.01g (1.13%), Cholesterol: 0mg (0%), Sodium: 346.33mg (15.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.2%), Selenium: 9.04µg (12.91%), Vitamin B2: 0.19mg (11.43%), Vitamin B3: 2.15mg (10.74%), Vitamin B1: 0.13mg (8.51%), Vitamin A: 370.4IU (7.41%), Folate: 29.42µg (7.36%), Copper: 0.15mg (7.25%), Vitamin B5: 0.63mg (6.34%), Manganese: 0.12mg (6.09%), Phosphorus: 53.66mg (5.37%), Fiber: 1.34g (5.36%), Iron: 0.87mg (4.81%), Potassium: 162.48mg (4.64%), Vitamin K: 2.98µg (2.84%), Vitamin B6: 0.05mg (2.73%), Magnesium: 9.76mg (2.44%), Zinc: 0.34mg (2.28%), Vitamin E: 0.32mg (2.11%), Calcium: 20.6mg (2.06%), Vitamin C: 1.36mg (1.64%)