



Roasted Vegetable and Chestnut Stuffing

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



449 kcal

SIDE DISH

Ingredients

- ☐ 10 tablespoons butter melted
- ☐ 8 cups ounce jars roasted chestnuts whole quartered
- ☐ 2 large eggs
- ☐ 0.5 cup parsley fresh chopped
- ☐ 3 tablespoons rosemary fresh chopped
- ☐ 1 pound mushroom caps fresh stemmed cut into 1-inch pieces
- ☐ 12 servings low-salt chicken broth canned
- ☐ 1 pound onions cut into 3/4-inch pieces

- ☐ 15 ounces parsnips peeled cut into 1/2-inch pieces
- ☐ 2 large bell peppers red cut into 3/4-inch pieces
- ☐ 16 ounces sourdough bread with crusts, cut into 1/2-inch pieces (14 cups) sliced

Equipment

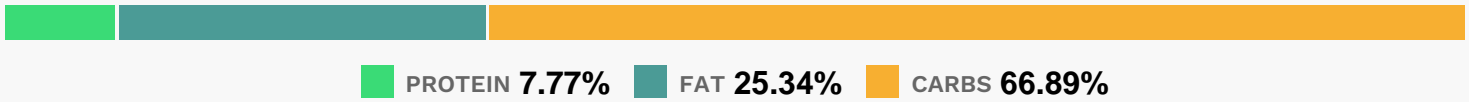
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ roasting pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 400°F.
- ☐ Place bread in large roasting pan.
- ☐ Bake until golden, stirring occasionally, about 15 minutes.
- ☐ Transfer bread to very large bowl; cool. Maintain oven temperature.
- ☐ Spray 2 large rimmed baking sheets with nonstick spray.
- ☐ Combine onions, parsnips, peppers, mushrooms, rosemary, and 4 tablespoons butter in large bowl; toss to coat.
- ☐ Sprinkle generously with salt and pepper. Divide vegetable mixture between prepared baking sheets. Roast until vegetables are tender and beginning to brown, stirring every 10 minutes, about 35 minutes total.
- ☐ Add roasted vegetables to bowl with bread.
- ☐ Add chestnuts, parsley, and remaining 6 tablespoons melted butter; stir to blend. Season stuffing to taste with salt and pepper.
- ☐ Mix eggs into stuffing.
- ☐ Loosely fill neck and main cavities of turkey with stuffing.

- ☐ Add enough broth to remaining stuffing to moisten slightly (1/4 to 3/4 cup, depending on amount of remaining stuffing). Generously butter baking dish. Spoon remaining stuffing into prepared dish. Cover with buttered foil, buttered side down.
- ☐ Bake stuffing in dish along side turkey until heated through, about 25 minutes. Uncover stuffing.
- ☐ Bake until top of stuffing is slightly crisp and golden, about 15 minutes longer.
- ☐ Preheat oven to 350°F. Generously butter 13x9x2-inch glass baking dish, depending on recipe.
- ☐ Add enough extra broth to stuffing to moisten (3/4 cup to 1 1/4 cups).
- ☐ Transfer stuffing to prepared dish. Cover with buttered foil, buttered side down.
- ☐ Bake until heated through, about 40 minutes. Uncover and bake until top is slightly crisp and golden, about 20 minutes longer.

Nutrition Facts



Properties

Glycemic Index:29.96, Glycemic Load:41.94, Inflammation Score:-9, Nutrition Score:24.938260933627%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 448.61kcal (22.43%), Fat: 12.83g (19.73%), Saturated Fat: 6.75g (42.19%), Carbohydrates: 76.19g (25.4%), Net Carbohydrates: 71.31g (25.93%), Sugar: 7.16g (7.95%), Cholesterol: 56.08mg (18.69%), Sodium: 327.69mg (14.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.85g (17.71%), Vitamin C: 85.57mg (103.72%), Vitamin K: 51.57µg (49.11%), Manganese: 0.89mg (44.71%), Folate: 158.81µg (39.7%), Vitamin B6: 0.66mg (33.11%), Vitamin B1: 0.48mg (32.11%), Copper: 0.58mg (29.16%), Vitamin A: 1443.12IU (28.86%), Potassium: 898.65mg (25.68%), Vitamin B3: 4.96mg (24.8%), Selenium: 16.5µg (23.57%), Vitamin B2: 0.36mg (20.91%), Fiber: 4.88g (19.53%), Phosphorus: 182.86mg (18.29%), Iron: 3.27mg (18.19%), Magnesium: 68.54mg (17.14%), Vitamin B5: 1.65mg (16.47%), Zinc: 1.74mg (11.61%), Vitamin E: 1.42mg (9.49%), Calcium: 74.43mg (7.44%), Vitamin D: 0.32µg (2.12%), Vitamin B12: 0.09µg

(1.58%)