



Triple Mushroom Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



152 kcal

SIDE DISH

Ingredients

- 0.1 lb butter
- 1.3 cups celery chopped
- 1 ounce porcini mushrooms dried (1 cup; optional-see notes)
- 2 large eggs
- 0.5 cup fat-skimmed chicken broth
- 1.5 tablespoons sage leaves or dried fresh chopped
- 6 ounces mushroom caps fresh
- 2 tablespoons thyme leaves dried fresh chopped

- 0.8 cup hazelnuts
- 2 pounds leeks
- 1.3 pounds common mushrooms
- 0.8 cup parsley chopped
- 14 servings salt and pepper
- 0.8 cup shallots chopped

Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil
- pie form

Directions

- Rinse porcini mushrooms and place in a small bowl with 2 cups hot water. Soak until soft, about 20 minutes. Rub porcini to remove any grit; lift out and squeeze liquid into soaking water. Coarsely chop porcini; reserve soaking liquid.
- Place hazelnuts in a 9-inch pie pan and bake in a 350 regular or convection oven, shaking pan occasionally, until nuts are golden under skins, 10 to 15 minutes.
- Pour into a clean towel and rub to remove as much skin as possible. Lift nuts from towel, leaving skins behind; coarsely chop nuts.
- Place half the bread in each of two 12- by 17-inch baking pans.
- Bake in a 350 regular or convection oven, stirring once, until lightly browned, 12 to 15 minutes.
- Pour into a large bowl.
- Trim off and discard dark green tops and root ends from leeks.
- Cut white stalk in half lengthwise and rinse well, flipping layers to release grit. Coarsely chop. Rinse cremini and shiitake mushrooms; cut off and discard shiitake stems. Thinly slice both types of mushrooms.

- In a 5- to 6-quart pan over medium-high heat, melt butter.
- Add shallots, leeks, and cremini and shiitake mushrooms; stir often until mushrooms begin to brown, about 15 minutes.
- Mix porcini, nuts, celery, parsley, thyme, and sage into mushroom mixture. Stir into bread and add salt and pepper to taste. In a small bowl, beat together eggs, 1/2 cup of the reserved porcini mushroom-soaking liquid (pour in carefully, leaving grit behind), and 1/2 cup chicken broth.
- Pour over bread mixture and mix well. If you prefer a moister texture, add up to 1/2 cup more porcini mushroom-soaking liquid or broth.
- Pour into a shallow 3- to 3 1/2-quart baking dish. Cover with a buttered sheet of foil.
- Bake dressing in a 325 regular or convection oven until hot in the center, 45 minutes to 1 hour; uncover and bake until top is golden, 10 to 20 minutes longer.

Nutrition Facts

PROTEIN 12.63%

FAT 45.98%

CARBS 41.39%

Properties

Glycemic Index:21.43, Glycemic Load:3.74, Inflammation Score:-9, Nutrition Score:17.728261004324%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 7.22mg, Apigenin: 7.22mg, Apigenin: 7.22mg, Apigenin: 7.22mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 151.82kcal (7.59%), Fat: 8.4g (12.92%), Saturated Fat: 2.67g (16.71%), Carbohydrates: 17g (5.67%), Net Carbohydrates: 13.38g (4.87%), Sugar: 5.14g (5.71%), Cholesterol: 35.28mg (11.76%), Sodium: 290.6mg (12.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.19g (10.38%), Vitamin K: 90.98µg (86.65%), Manganese: 0.86mg (42.94%), Vitamin A: 1595.88IU (31.92%), Copper: 0.47mg (23.61%), Vitamin C: 16.36mg (19.83%), Folate: 77.76µg (19.44%), Vitamin B6: 0.36mg (18.04%), Vitamin B2: 0.29mg (17.29%), Vitamin B5: 1.58mg (15.82%), Iron: 2.69mg (14.97%), Fiber: 3.62g (14.49%), Vitamin B3: 2.77mg (13.87%), Potassium: 463.97mg (13.26%), Selenium:

8.81µg (12.58%), Phosphorus: 124.75mg (12.48%), Vitamin E: 1.8mg (12.03%), Magnesium: 46.24mg (11.56%), Vitamin B1: 0.14mg (9.27%), Calcium: 73.22mg (7.32%), Zinc: 0.95mg (6.33%), Vitamin D: 0.35µg (2.34%), Vitamin B12: 0.1µg (1.71%)