



Wild Mushroom and Spinach Stuffing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



188 kcal

SIDE DISH

Ingredients

- ☐ 2 cups celery chopped (4 to 5 stalks)
- ☐ 2 large eggs
- ☐ 1 pound mushrooms wild fresh assorted stemmed cut into 1/2-inch dice (9 cups) (such as chanterelle, shiitake, and crimini)
- ☐ 2 tablespoons sage fresh chopped
- ☐ 2 tablespoons thyme sprigs fresh chopped
- ☐ 1 teaspoon pepper black
- ☐ 1 cup chicken broth ()
- ☐ 1 tablespoon olive oil

- ☐ 1 pound onion chopped
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 1.5 teaspoons sea salt fine
- ☐ 0.8 cup butter unsalted divided ()

Equipment

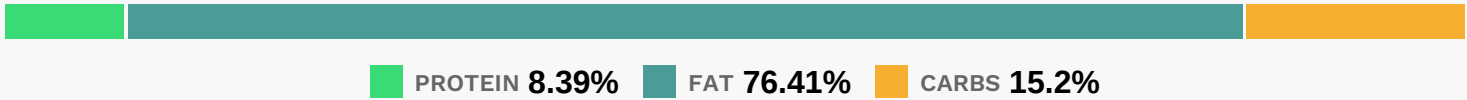
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Melt 1/4 cup butter with olive oil in heavy large skillet over medium-high heat.
- ☐ Add diced wild mushrooms and sprinkle lightly with salt and pepper. Sauté until mushrooms are tender and beginning to brown, about 8 minutes.
- ☐ Transfer mushrooms to large bowl.
- ☐ Melt remaining 1/2 cup butter in same skillet over medium heat.
- ☐ Add onions and celery. Sauté until vegetables are tender, about 12 minutes.
- ☐ Add all herbs; sauté 1 minute longer.
- ☐ Add spinach and toss until just wilted, about 1 minute.
- ☐ Add vegetable mixture to bowl with mushrooms. DO AHEAD: Can be made 1 day ahead. Cool, cover, and chill.
- ☐ Preheat oven to 350°F. Divide bread between 2 rimmed baking sheets.
- ☐ Bake until bread is crusty but not hard, reversing sheets after 5 minutes, 10 to 12 minutes total.
- ☐ Transfer to very large bowl and cool.
- ☐ Butter 13x9x2-inch baking dish. Stir vegetable mixture into bread.
- ☐ Whisk eggs, salt, and pepper in small bowl to blend well; whisk in 1 cup broth.

- ☐
- Add egg mixture to stuffing, tossing to combine evenly and adding more broth by 1/4 cupfuls if dry.
- ☐
- Transfer stuffing to prepared dish.
- ☐
- Bake stuffing uncovered until cooked through and brown and crusty on top, 50 to 60 minutes.
- ☐
- Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:1.46, Inflammation Score:-9, Nutrition Score:12.875652126644%

Flavonoids

Apigenin: 3.85mg, Apigenin: 3.85mg, Apigenin: 3.85mg, Apigenin: 3.85mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg

Nutrients (% of daily need)

Calories: 187.67kcal (9.38%), Fat: 16.64g (25.6%), Saturated Fat: 9.39g (58.68%), Carbohydrates: 7.45g (2.48%), Net Carbohydrates: 5.52g (2.01%), Sugar: 3.18g (3.54%), Cholesterol: 73.8mg (24.6%), Sodium: 393.31mg (17.1%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.11g (8.22%), Copper: 3.84mg (192.07%), Vitamin K: 33.09µg (31.52%), Vitamin B2: 0.27mg (16.15%), Vitamin A: 765.03IU (15.3%), Manganese: 0.28mg (13.82%), Vitamin C: 9.17mg (11.12%), Selenium: 7.78µg (11.11%), Vitamin B3: 2.14mg (10.7%), Vitamin B5: 0.97mg (9.71%), Potassium: 325.87mg (9.31%), Phosphorus: 91.09mg (9.11%), Folate: 31.76µg (7.94%), Fiber: 1.93g (7.72%), Vitamin B6: 0.14mg (7.16%), Iron: 1.09mg (6.07%), Vitamin E: 0.78mg (5.22%), Vitamin B1: 0.07mg (4.83%), Calcium: 47.23mg (4.72%), Magnesium: 18mg (4.5%), Zinc: 0.57mg (3.83%), Vitamin D: 0.55µg (3.64%), Vitamin B12: 0.16µg (2.66%)