



WHATSheATE



Wild Mushroom and Spinach Stuffing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



191 kcal

SIDE DISH

Ingredients

- ☐ 5 ounce bag baby spinach leaves
- ☐ 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 leaves fresh chopped
- ☐ 1 teaspoon coarsely ground pepper black
- ☐ 1 cup low-salt chicken broth ()

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

Equipment

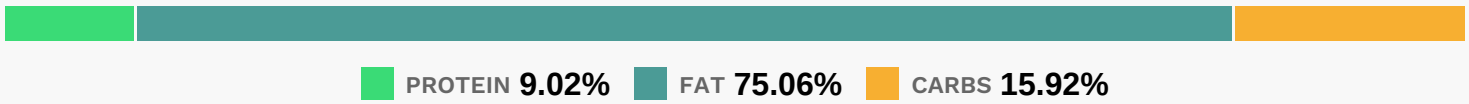
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan

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 tostuffing, tossing to combine evenly andadding more broth by 1/4 cupfuls if dry.
- ☐ Transfer stuffing to prepared dish.
- ☐ Bake stuffing uncovered until cookedthrough and brown and crusty on top, 50 to60 minutes.
- ☐ Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:23.2, Glycemic Load:1.52, Inflammation Score:-10, Nutrition Score:18.410434930221%

Flavonoids

Apigenin: 3.85mg, Apigenin: 3.85mg, Apigenin: 3.85mg, Apigenin: 3.85mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 9.85mg, Quercetin: 9.85mg, Quercetin: 9.85mg, Quercetin: 9.85mg

Nutrients (% of daily need)

Calories: 190.93kcal (9.55%), Fat: 16.69g (25.68%), Saturated Fat: 9.4g (58.74%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 5.72g (2.08%), Sugar: 3.24g (3.6%), Cholesterol: 73.8mg (24.6%), Sodium: 404.51mg (17.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.03%), Copper: 3.86mg (192.99%), Vitamin K: 101.56µg (96.72%), Vitamin A: 2094.2IU (41.88%), Manganese: 0.4mg (20.18%), Vitamin B2: 0.3mg (17.73%), Vitamin C: 13.15mg (15.95%), Folate: 59.26µg (14.81%), Potassium: 404.96mg (11.57%), Selenium: 7.92µg (11.31%), Vitamin B3: 2.24mg (11.21%), Phosphorus: 98.04mg (9.8%), Vitamin B5: 0.98mg (9.8%), Fiber: 2.24g (8.97%), Vitamin B6: 0.17mg (8.54%), Iron: 1.48mg (8.2%), Magnesium: 29.2mg (7.3%), Vitamin E: 1.07mg (7.14%), Calcium: 61.26mg (6.13%), Vitamin B1: 0.08mg (5.57%), Zinc: 0.65mg (4.33%), Vitamin D: 0.55µg (3.64%), Vitamin B12: 0.16µg (2.66%)