



Wild Mushroom Stuffing

 Vegetarian

READY IN



170 min.

SERVINGS



16

CALORIES



280 kcal

SIDE DISH

Ingredients

- 2 cups celery chopped
- 0.8 cup chicken broth
- 1.3 pounds crimini mushrooms sliced
- 1 ounce porcini mushrooms dried
- 1.8 pounds egg bread – crust trimmed cut into 3/4 inch cubes
- 2 eggs lightly beaten
- 1 cup parsley fresh chopped
- 2 tablespoons sage fresh chopped

- 3 tablespoons thyme leaves fresh chopped
- 1 cup hazelnuts chopped
- 3 leeks coarsely chopped
- 16 servings salt and pepper to taste
- 1 cup shallots chopped
- 0.5 pound mushroom caps sliced
- 6 tablespoons butter unsalted
- 2 cups water hot

Equipment

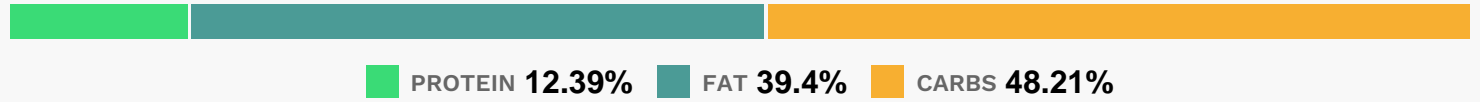
- bowl
- baking sheet
- oven
- baking pan
- aluminum foil
- dutch oven

Directions

- Soak porcini mushrooms in 2 cups hot water until the mushrooms are soft, about 30 minutes. Reserve soaking liquid, and chop mushrooms coarsely.
- Preheat oven to 325 degrees F (165 degrees C). Arrange bread cubes on baking sheets in a single layer.
- Bake until beginning to brown, about 15 minutes.
- Spread hazelnuts in a single layer on a baking sheet. Toast for 8 to 10 minutes, or until lightly browned.
- Melt butter in a Dutch oven over medium heat. Cook leeks, shallots, and crimini and shiitake mushrooms in the butter until tender, about 15 minutes.
- Mix in celery and porcini mushrooms, and cook for 5 minutes.
- Transfer to a large bowl, and mix with toasted bread cubes and nuts. Season with parsley, thyme, sage, salt, and pepper. Stir in beaten eggs.

- Combine broth and 3/4 cup reserved porcini soaking liquid; add just enough broth mixture to the stuffing to moisten.
- Transfer stuffing to a buttered 10x15 inch baking dish. Cover with buttered foil, and bake in preheated oven until heated through, about 1 hour. Uncover, and bake until top is crisp, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:1.69, Inflammation Score:-9, Nutrition Score:23.714782600817%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 8.47mg, Apigenin: 8.47mg, Apigenin: 8.47mg, Apigenin: 8.47mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 279.87kcal (13.99%), Fat: 12.64g (19.45%), Saturated Fat: 4.05g (25.31%), Carbohydrates: 34.79g (11.6%), Net Carbohydrates: 30.82g (11.21%), Sugar: 4.28g (4.76%), Cholesterol: 57.27mg (19.09%), Sodium: 454.15mg (19.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.94g (17.88%), Copper: 2.83mg (141.67%), Vitamin K: 75.06µg (71.48%), Manganese: 1.06mg (53.1%), Selenium: 28.14µg (40.19%), Vitamin B2: 0.51mg (30.06%), Folate: 103.44µg (25.86%), Vitamin B3: 4.93mg (24.64%), Vitamin B1: 0.34mg (22.6%), Vitamin A: 981.01IU (19.62%), Iron: 3.3mg (18.31%), Phosphorus: 172.12mg (17.21%), Fiber: 3.98g (15.9%), Vitamin B5: 1.55mg (15.49%), Vitamin B6: 0.29mg (14.41%), Potassium: 492.17mg (14.06%), Vitamin C: 11.2mg (13.58%), Magnesium: 45.61mg (11.4%), Vitamin E: 1.66mg (11.09%), Calcium: 103.11mg (10.31%), Zinc: 1.51mg (10.05%), Vitamin D: 0.55µg (3.66%), Vitamin B12: 0.15µg (2.42%)