

Mushroom-Artichoke Stuffing

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Servings: 12

1 1/2 cups unsalted chicken stock
2 eggs
12 ounces toasted sourdough bread cubes
1 tablespoon olive oil
12 ounces exotic mushroom blend
1 tablespoon fresh thyme, chopped
1 package (9 ounce) frozen artichokes, thawed
2 teaspoons fresh garlic, minced
1/2 teaspoon pepper
1/4 teaspoon salt
1 ounce Parmesan cheese, shaved

Bake: 45 minutes

Preheat the oven to 350 degrees.

Coat an 11x7-inch baking dish with cooking spray.

In a bowl, combine the chicken stock and eggs.

Add the sourdough bread cubes.

Heat a large skillet over medium-high heat. Add the olive oil. Saute' the mushroom blend and thyme for 6 minutes. Add the artichokes, garlic, pepper and salt. Saute' for 2 minutes. Stir into the bread mixture.

Place the stuffing into the baking dish.

Bake the stuffing for 45 minutes.

Top with the Parmesan cheese after baking.

Per Serving (excluding unknown items): 38 Calories; 3g Fat (63.1% calories from fat); 2g Protein; 1g Carbohydrate; trace Dietary Fiber; 37mg Cholesterol; 105mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	38	Vitamin B6 (mg):	trace
% Calories from Fat:	63.1%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	12.7%	Thiamin B1 (mg):	trace

% Calories from Protein:	24.3%
Total Fat (g):	3g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	37mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	2g
Sodium (mg):	105mg
Potassium (mg):	44mg
Calcium (mg):	41mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	83IU
Vitamin A (r.e.):	19RE

Riboflavin B2 (mg):	.1mg
Folacin (mcg):	18mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n.n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 38	Calories from Fat: 24
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% Daily Values*

Total Fat 3g	4%
Saturated Fat 1g	4%
Cholesterol 37mg	12%
Sodium 105mg	4%
Total Carbohydrates 1g	0%
Dietary Fiber trace	2%
Protein 2g	
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Vitamin A	2%
Vitamin C	2%
Calcium	4%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.