

Vegan Chestnut Stuffing

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-chestnut-stuffing-recipe>

Ingredients:

- 1 tablespoon olive oil plus extra for greasing
- 2 red onions peeled and chopped
- 3 garlic cloves peeled and chopped
- 3 1/8 cups chestnut mushrooms sliced
- 3 thyme sprigs leaves picked
- 3 oregano sprigs, leaves picked
- 4 sage leaves
- 1 handful fresh parsley any tough stalks removed
- 1 1/4 cups chestnuts cooked
- 2 7/8 cups bread such as sourdough or wholemeal, torn into pieces
- sea salt
- freshly ground black pepper

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 48 grams
3. Fat: 6 grams
4. Fiber: 10 grams
5. Protein: 7 grams
6. SaturatedFat: 1 grams
7. Sodium: 380 milligrams
8. Sugar: 5 grams

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