

Paleo Stuffing

9 Ingredients 4 Servings 30 Minutes Total Time

| | |
|---------------|--------------------------------|
| 1 | onion (diced) |
| 4 | celery stalks (diced) |
| 4 | mushrooms |
| 1 | shallot |
| ½ cup | chicken stock (Low Salicylate) |
| 2 tablespoons | sage |
| 110 grams | brazil nuts (toasted) |
| 2 tablespoons | oil* |
| 2 tablespoons | flax seeds (ground) |



| ♥ Nutritional Information <i>(per serving)</i> | |
|---|-------|
| Calories | 306 |
| Total Fat | 26g |
| Saturated Fat | 5g |
| Cholesterol | 1mg |
| Sodium | 80mg |
| Total Carbohydrate | 11g |
| Dietary Fibre | 5g |
| Sugars | 4g |
| Protein | 7g |
| Calcium | 98mg |
| Iron | 2mg |
| Magnesium | 139mg |
| Phosphorus | 280mg |
| Potassium | 491mg |
| Vitamin C | 5mg |
| Thiamin | -- |
| Riboflavin | -- |
| Vitamin B6 | -- |
| Vitamin E | 4mg |

Instructions

Preheat oven to 350F/180C/ Gas mark 4. Heat oil in a frying pan over medium heat.

Add celery, onion & mushrooms and cook for 10 mins, stirring frequently.

Add shallot and cook for a further 2 mins. Pour in stock and stir.

Remove from the heat. Stir in fax seed, sage and brazil nuts.

Bake for 20 mins in the oven.

Warnings

**ONION: (more than 1/2 cup raw is high oxalate, 1/2 cup = moderate)

**CELERY STALKS: 1 stalk maximum per meal for SIBO Phase 1 & 2

**CHICKEN STOCK (LOW SALICYLATE): For low amine/ low histamine diet do not use store bought stock. Make your own, simmered for < 2 hours & used immediately or SUBSTITUTE water. FODMAPs & SIBO diets make your own with no garlic or onion content & no chicken frames, only meat for SIBO

**OIL *: SIBO approved oils are coconut, olive, ghee, MCT, flax, sesame, sunflower, walnut, grape seed