



## Boston Brown Bread Stuffing with Bacon and Tarragon

READY IN



45 min.

SERVINGS



8

CALORIES



445 kcal

SIDE DISH

### Ingredients

- 4 ounces bacon
- 1 pound bread cut into 1/2-inch cubes canned
- 0.3 cup butter ( )
- 0.3 cup chives fresh chopped
- 3 tablespoons tarragon fresh chopped
- 0.3 teaspoon pepper black
- 0.5 pound bread crumbs italian soft trimmed cut into 1/2-inch cubes ( 4 cups)
- 1.5 cups chicken broth

- 0.8 cup onion chopped
- 0.5 teaspoon salt

## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- baking pan
- aluminum foil
- slotted spoon

## Directions

- Preheat oven to 250°F. Divide all bread cubes between 2 rimmed baking sheets.
- Bake until bread is dry, about 1 1/2 hours.
- Transfer bread to large bowl.
- Sauté bacon in large skillet until crisp. Using slotted spoon, transfer bacon to paper towels. Discard all but 1 tablespoon drippings from skillet.
- Add butter to drippings and melt over medium heat.
- Add onion; sauté until soft, about 7 minutes.
- Add onion, chives, tarragon, salt, pepper, and reserved bacon to bowl with bread; toss to combine. (Can be prepared 1 day ahead. Cover and refrigerate.)
- Butter 9x9x2-inch baking dish.
- Add chicken broth to bread mixture and toss to moisten.
- Transfer stuffing to prepared dish.
- Cover stuffing with foil and bake 40 minutes (50 minutes if refrigerated). Uncover and bake until lightly browned on top, about 20 minutes longer.

## Nutrition Facts



■ PROTEIN 10.62% ■ FAT 49.03% ■ CARBS 40.35%

## Properties

Glycemic Index:35.33, Glycemic Load:15.59, Inflammation Score:-5, Nutrition Score:12.510434850403%

## Flavonoids

Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

## Nutrients (% of daily need)

Calories: 444.87kcal (22.24%), Fat: 24.44g (37.59%), Saturated Fat: 11.51g (71.92%), Carbohydrates: 45.26g (15.09%), Net Carbohydrates: 41.5g (15.09%), Sugar: 12.73g (14.14%), Cholesterol: 24.61mg (8.2%), Sodium: 673.71mg (29.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.91g (23.81%), Manganese: 0.92mg (45.95%), Vitamin B3: 5.89mg (29.43%), Selenium: 19.45µg (27.79%), Vitamin B1: 0.33mg (21.78%), Iron: 3.7mg (20.53%), Folate: 77.63µg (19.41%), Fiber: 3.76g (15.03%), Vitamin B2: 0.24mg (13.9%), Phosphorus: 132.41mg (13.24%), Calcium: 109.92mg (10.99%), Magnesium: 41.6mg (10.4%), Vitamin B6: 0.19mg (9.42%), Potassium: 315.02mg (9%), Vitamin A: 348.96IU (6.98%), Copper: 0.14mg (6.95%), Zinc: 1mg (6.67%), Vitamin K: 6.1µg (5.81%), Vitamin B5: 0.57mg (5.75%), Vitamin C: 3.26mg (3.95%), Vitamin E: 0.34mg (2.26%), Vitamin B12: 0.13µg (2.12%)