



Caramelized Onion with Pancetta and Rosemary Stuffing

READY IN



80 min.

SERVINGS



12

CALORIES



176 kcal

SIDE DISH

Ingredients

- 6 tablespoons butter
- 2 stalks celery diced
- 3 cups chicken broth organic swanson® (Regular, Natural or Certified)
- 2 tablespoons rosemary leaves fresh chopped
- 4 cloves garlic chopped
- 4 ounce pancetta cubed
- 0.3 cup cooking sherry
- 14 ounce herb seasoned stuffing pepperidge farm®

2 large onions diced sweet

Equipment

sauce pan

oven

Directions

Heat the oven to 350 degrees F.

Heat the butter in a 3-quart saucepan over medium heat.

Add the onions and cook for 15 minutes or until well browned, stirring occasionally.

Stir the pancetta, garlic, celery and rosemary in the saucepan and cook until the pancetta is well browned, stirring occasionally. Stir in the broth and sherry and heat to a boil.

Remove the saucepan from the heat.

Add the stuffing and mix lightly. Spoon the stuffing mixture into a greased 3-quart casserole. Cover the casserole.

Bake for 30 minutes or until the stuffing mixture is hot.

Nutrition Facts



PROTEIN 7.43% **FAT 64.12%** **CARBS 28.45%**

Properties

Glycemic Index:10.58, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:5.421739122142%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 8.06mg, Quercetin: 8.06mg, Quercetin: 8.06mg, Quercetin: 8.06mg

Nutrients (% of daily need)

Calories: 176.28kcal (8.81%), Fat: 12.48g (19.19%), Saturated Fat: 5.45g (34.05%), Carbohydrates: 12.45g (4.15%), Net Carbohydrates: 10.82g (3.94%), Sugar: 3.87g (4.3%), Cholesterol: 22.46mg (7.49%), Sodium: 494.21mg (21.49%), Alcohol: 0.51g (100%), Alcohol %: 0.37% (100%), Protein: 3.25g (6.5%), Selenium: 19.13µg (27.32%), Manganese: 0.16mg (7.93%), Vitamin B1: 0.11mg (7.34%), Folate: 28.64µg (7.16%), Vitamin K: 7.18µg (6.84%), Vitamin B6: 0.13mg (6.56%), Fiber: 1.63g (6.52%), Vitamin A: 323.45IU (6.47%), Vitamin B2: 0.1mg (5.72%), Vitamin B3: 1.11mg (5.55%), Phosphorus: 50.67mg (5.07%), Vitamin E: 0.72mg (4.8%), Potassium: 148.21mg (4.23%), Vitamin C: 3.24mg (3.93%), Copper: 0.07mg (3.7%), Iron: 0.65mg (3.62%), Calcium: 32.1mg (3.21%), Magnesium: 12.58mg (3.15%), Zinc: 0.35mg (2.35%), Vitamin B5: 0.17mg (1.74%), Vitamin B12: 0.07µg (1.24%)