



Chestnut and Pancetta Stuffing

 Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



498 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 pound bread crumbs italian country-style
- 8 ounces honey whole steamed peeled
- 1 medium fennel bulb cored trimmed cut into medium dice
- 1.5 teaspoons sage fresh finely chopped
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon kosher salt
- 1.3 cups chicken broth low-sodium

- 1 tablespoon olive oil plus more for coating the pan
- 6 ounces pancetta
- 1 medium onion yellow

Equipment

- frying pan
- oven
- mixing bowl
- baking pan
- slotted spoon

Directions

- Heat the oven to 375°F and arrange a rack in the middle.
- Place the bread in a large mixing bowl; set aside. Coat a 3-quart baking dish with olive oil.
- Heat the 1 tablespoon of olive oil in a large frying pan over medium heat until shimmering.
- Add the pancetta and cook, stirring occasionally, until crisp and browned, about 10 minutes.
- Remove with a slotted spoon to a paper-towel-lined plate; set aside. Increase the heat to medium high, add the cinnamon to the pan drippings, and stir until fragrant, about 1 minute.
- Add the onion, fennel, salt, and pepper and cook, stirring occasionally, until the vegetables are just softened, about 10 minutes. Stir in the chestnuts and sage and cook until fragrant, about 30 seconds.
- Add the broth, stir to incorporate, and bring to a simmer.
- Pour the mixture over the bread, add the reserved pancetta, and stir well to evenly incorporate.
- Transfer the stuffing to the prepared baking dish and bake until it's heated through and the bread is beginning to turn golden brown, about 30 minutes.

Nutrition Facts



PROTEIN 7.22% FAT 55.6% CARBS 37.18%

Properties

Glycemic Index:20.38, Glycemic Load:7.61, Inflammation Score:-3, Nutrition Score:11.274782406247%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 497.56kcal (24.88%), Fat: 30.87g (47.5%), Saturated Fat: 14.13g (88.32%), Carbohydrates: 46.46g (15.49%), Net Carbohydrates: 43.22g (15.72%), Sugar: 19.3g (21.45%), Cholesterol: 14.03mg (4.68%), Sodium: 523.92mg (22.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.02g (18.03%), Copper: 1.31mg (65.45%), Vitamin B3: 4.43mg (22.15%), Vitamin C: 15.93mg (19.31%), Vitamin K: 19.62µg (18.68%), Folate: 62.69µg (15.67%), Potassium: 478.25mg (13.66%), Fiber: 3.23g (12.94%), Vitamin B1: 0.19mg (12.62%), Manganese: 0.24mg (11.93%), Iron: 1.93mg (10.74%), Vitamin B6: 0.19mg (9.53%), Phosphorus: 92.36mg (9.24%), Magnesium: 28.23mg (7.06%), Selenium: 4.55µg (6.51%), Vitamin B2: 0.1mg (5.74%), Zinc: 0.63mg (4.22%), Vitamin E: 0.52mg (3.46%), Vitamin B5: 0.34mg (3.39%), Calcium: 29.51mg (2.95%), Vitamin B12: 0.14µg (2.39%), Vitamin A: 55.42IU (1.11%)