



Chestnut, Prune, and Pancetta Stuffing

READY IN



120 min.

SERVINGS



12

CALORIES



702 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black
- 3 cups celery chopped (5 to 6 ribs)
- 21 oz honey whole cooked peeled halved (4 cups)
- 4 large eggs lightly beaten
- 2 tablespoons sage fresh chopped
- 40 fl. oz. chicken broth reduced-sodium
- 4 cups onion chopped (2 large)
- 3 cups pancetta coarsely chopped
- 2 cups prune- cut to pieces pitted quartered

- 1.5 teaspoons salt
- 1.5 lb sourdough bread cut into 1/3-inch dice (18 cups)
- 0.5 cup butter unsalted cut into tablespoons

Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- aluminum foil

Directions

- Put oven rack in upper third of oven and preheat oven to 400°F.
- Scatter bread in a single layer in 2 large shallow baking pans (17 by 12 inches) and toast, stirring once or twice and switching position of pans halfway through baking, until golden and dry, about 15 minutes.
- Transfer to a very large bowl.
- Cook pancetta in a 12-inch heavy skillet over moderate heat, stirring occasionally, until browned, 12 to 15 minutes.
- Add butter and heat until melted, then add celery and onions and cook, stirring occasionally, until softened, about 12 minutes. Stir in sage, salt, and pepper and cook 1 minute.
- Add pancetta mixture along with chestnuts and prunes to bowl containing bread.
- Whisk together stock and eggs, then stir into bread mixture until combined well.
- Transfer to baking dish (stuffing will mound above dish).
- Bake, loosely covered with a buttered sheet of foil (buttered side down) 30 minutes, then remove foil and bake until top is browned, 10 to 15 minutes more.
- Stuffing, without stock-and-egg mixture, can be assembled (but not baked) 1 day ahead and chilled, covered. Stir in stock mixture, then proceed with recipe. •Stuffing can be baked 6 hours ahead and cooled completely, uncovered, then chilled, loosely covered. Reheat, covered, in a preheated 400°F oven until hot, about 30 minutes.

Nutrition Facts

PROTEIN 11.24% FAT 44.99% CARBS 43.77%

Properties

Glycemic Index:21.21, Glycemic Load:40.52, Inflammation Score:-8, Nutrition Score:25.952608792678%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.45mg, Quercetin: 11.45mg, Quercetin: 11.45mg, Quercetin: 11.45mg

Nutrients (% of daily need)

Calories: 701.66kcal (35.08%), Fat: 35.58g (54.73%), Saturated Fat: 13.93g (87.03%), Carbohydrates: 77.89g (25.96%), Net Carbohydrates: 73.18g (26.61%), Sugar: 16.46g (18.29%), Cholesterol: 121.37mg (40.46%), Sodium: 1101.81mg (47.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.99g (39.98%), Copper: 3.53mg (176.3%), Selenium: 33.78µg (48.25%), Vitamin B1: 0.69mg (46.14%), Vitamin B3: 7.71mg (38.57%), Manganese: 0.77mg (38.39%), Folate: 127.03µg (31.76%), Vitamin C: 24.85mg (30.12%), Vitamin B2: 0.49mg (28.88%), Vitamin B6: 0.57mg (28.67%), Phosphorus: 270.44mg (27.04%), Potassium: 894.83mg (25.57%), Vitamin K: 26.11µg (24.87%), Iron: 3.98mg (22.12%), Fiber: 4.71g (18.84%), Magnesium: 65.15mg (16.29%), Zinc: 2.12mg (14.16%), Vitamin A: 702.53IU (14.05%), Vitamin B5: 1.27mg (12.71%), Calcium: 99.35mg (9.94%), Vitamin B12: 0.56µg (9.31%), Vitamin E: 0.97mg (6.48%), Vitamin D: 0.71µg (4.75%)