



Ciabatta Stuffing with Chestnuts, Mushrooms and Pancetta

READY IN



85 min.

SERVINGS



12

CALORIES



346 kcal

SIDE DISH

Ingredients

- 1 pound baby bella mushrooms chopped
- 6 tablespoons butter plus more for baking dish ()
- 2 carrots diced
- 2 celery stalks diced
- 14.8 ounce roasted chestnuts whole peeled coarsely chopped
- 1 pound day-old ciabatta bread cut into 3/4-inch cubes
- 2 large eggs beaten
- 3 garlic cloves chopped

- 1 cup low-salt chicken broth canned plus more if needed
- 2 large onions diced
- 8 ounces pancetta cut into 1/4-inch dice
- 0.7 cup parmesan freshly grated
- 0.3 cup parsley leaves fresh italian chopped
- 2 tablespoons freshly rosemary leaves chopped
- 12 servings salt and pepper black freshly ground

Equipment

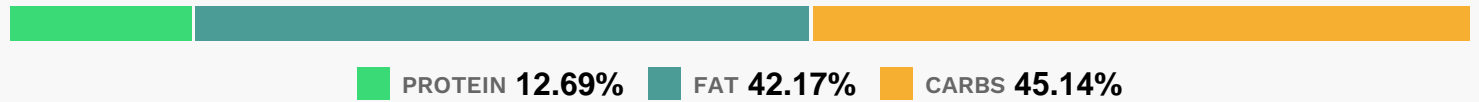
- bowl
- frying pan
- paper towels
- oven
- slotted spoon
- glass baking pan

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F. Butter a 15 by 10 by 2-inch glass baking dish.
- Melt 2 tablespoons of butter in a large heavy skillet over medium heat.
- Add the pancetta and saute until crisp and golden, about 10 minutes. Using a slotted spoon, transfer the pancetta to a plate lined with a paper towel.
- Melt the remaining butter in the same skillet over medium-high heat.
- Add the onions, carrots, celery, garlic, rosemary, and mushrooms. Season with salt and pepper, to taste.
- Saute until the onions are very tender, about 12 minutes.
- In a large bowl, add the sauteed vegetables, the chestnuts, Parmesan and bread.
- Add enough broth to the stuffing mixture to moisten.

- Add the cooked pancetta and eggs. Season the stuffing, to taste, with salt and pepper and add the parsley. Stir to completely combine all the ingredients.
- Transfer the stuffing to the prepared dish.
- Bake until the stuffing is heated through and the top is golden brown, 30 to 45 minutes.
- Remove from the oven and serve.

Nutrition Facts



Properties

Glycemic Index:33.4, Glycemic Load:9.38, Inflammation Score:-9, Nutrition Score:13.089130391245%

Flavonoids

Apigenin: 2.71mg, Apigenin: 2.71mg, Apigenin: 2.71mg, Apigenin: 2.71mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 346.43kcal (17.32%), Fat: 16.38g (25.2%), Saturated Fat: 7.6g (47.5%), Carbohydrates: 39.45g (13.15%), Net Carbohydrates: 37.86g (13.77%), Sugar: 2.32g (2.58%), Cholesterol: 62.3mg (20.77%), Sodium: 474.61mg (20.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.09g (22.18%), Vitamin A: 2097.68IU (41.95%), Selenium: 17.77µg (25.39%), Vitamin C: 18.63mg (22.58%), Vitamin K: 22.92µg (21.83%), Copper: 0.38mg (19.14%), Vitamin B2: 0.29mg (16.92%), Phosphorus: 161.73mg (16.17%), Vitamin B3: 3.03mg (15.16%), Vitamin B6: 0.3mg (14.87%), Potassium: 496.41mg (14.18%), Manganese: 0.26mg (12.88%), Vitamin B1: 0.17mg (11.13%), Folate: 44.13µg (11.03%), Vitamin B5: 1.07mg (10.7%), Calcium: 104.47mg (10.45%), Zinc: 1.2mg (7.99%), Magnesium: 25.45mg (6.36%), Fiber: 1.59g (6.35%), Iron: 1.07mg (5.96%), Vitamin B12: 0.3µg (5.08%), Vitamin E: 0.43mg (2.88%), Vitamin D: 0.31µg (2.05%)