



Corn and Challah Stuffing with Fried Sage

READY IN



50 min.

SERVINGS



6

CALORIES



434 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 pound challah bread cut into large cubes
- ☐ 3 ears corn
- ☐ 2 eggs beaten
- ☐ 0.3 cup parsley fresh divided chopped
- ☐ 4 cloves garlic minced
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 0.5 cup heavy whipping cream
- ☐ 2 teaspoons olive oil extra-virgin

- ☐ 1 small onion diced
- ☐ 0.5 cup parmesan cheese grated
- ☐ 4 sage leaves fresh whole
- ☐ 0.5 cup vegetable stock

Equipment

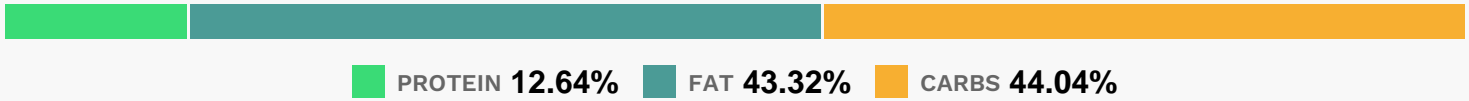
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Butter 2 baking sheets.
- ☐ Spread challah bread cubes onto prepared baking sheets.
- ☐ Drizzle cubes with 2 tablespoons olive oil and season with salt and pepper.
- ☐ Bake bread in the preheated oven until toasted and lightly browned, 5 to 7 minutes.
- ☐ Transfer toasted cubes to a large bowl.
- ☐ Reduce oven temperature to 350 degrees F (175 degrees C). Butter a baking dish with 2 tablespoons unsalted butter.
- ☐ Cut corn kernels from the cob into a large bowl. Scrape corn juices from the cob into the bowl with the kernels.
- ☐ Heat 2 teaspoons olive oil in large skillet over medium heat. Cook and stir onion and garlic in hot oil until soft, 5 to 10 minutes.
- ☐ Add corn, pinch salt, and pinch pepper; cook and stir until corn softens, about 2 minutes.
- ☐ Stir corn mixture together with toasted bread cubes.
- ☐ Whisk cream, vegetable stock, Parmesan cheese, eggs, 2 tablespoons parsley, pinch salt, and pinch pepper together in a bowl.

- ☐
- Pour cream mixture into bread mixture and stir until completely combined.
- ☐
- Transfer bread mixture to the prepared baking dish.
- ☐
- Bake stuffing in the preheated oven until stuffing is cooked through and the top is toasted, 20 to 25 minutes.
- ☐
- Melt 2 tablespoons butter in a small skillet over medium heat. Cook whole sage leaves in hot butter until butter is slightly brown and sage leaves are crispy, 1 to 2 minutes.
- ☐
- Transfer leaves to a paper towel to drain. Crumble sage leaves and remaining 2 tablespoons parsley over stuffing.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:0.58, Inflammation Score:-7, Nutrition Score:17.362174034119%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 434.22kcal (21.71%), Fat: 21.2g (32.61%), Saturated Fat: 10.26g (64.1%), Carbohydrates: 48.49g (16.16%), Net Carbohydrates: 45.5g (16.54%), Sugar: 5.51g (6.12%), Cholesterol: 132.81mg (44.27%), Sodium: 576.63mg (25.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.91g (27.82%), Selenium: 31.44µg (44.91%), Vitamin K: 44.01µg (41.91%), Vitamin B2: 0.5mg (29.24%), Vitamin B1: 0.42mg (28.33%), Folate: 112.7µg (28.17%), Manganese: 0.53mg (26.53%), Vitamin B3: 4.56mg (22.78%), Phosphorus: 222.74mg (22.27%), Vitamin A: 1056.39IU (21.13%), Calcium: 177.68mg (17.77%), Iron: 3.08mg (17.12%), Copper: 0.26mg (13.02%), Fiber: 2.99g (11.96%), Magnesium: 40.31mg (10.08%), Zinc: 1.48mg (9.85%), Vitamin C: 7.99mg (9.69%), Vitamin B5: 0.88mg (8.81%), Potassium: 304.33mg (8.7%), Vitamin B6: 0.17mg (8.52%), Vitamin D: 0.95µg (6.36%), Vitamin E: 0.93mg (6.21%), Vitamin B12: 0.36µg (5.97%)