



## Corn Bread Dressing with Ham, Fennel, and Carrots

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



376 kcal

SIDE DISH

### Ingredients

- ☐ 6 cups bread french crustless (from 1-pound loaf)
- ☐ 0.8 cup butter ()
- ☐ 2 cups carrots peeled chopped
- ☐ 16 servings roasted peppers red crumbled
- ☐ 1.5 teaspoons marjoram dried
- ☐ 0.8 teaspoon sage dried
- ☐ 1.5 teaspoons thyme dried

- ☐ 5 large eggs beaten to blend
- ☐ 3 cups fennel bulb fresh chopped (from 3 medium)
- ☐ 0.8 teaspoon fennel seeds
- ☐ 3.3 cups chicken broth ()
- ☐ 4 cups onion chopped

## Equipment

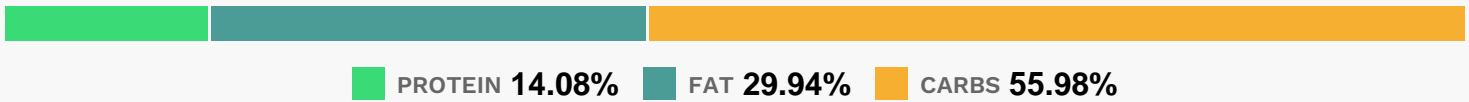
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ glass baking pan

## Directions

- ☐ Melt butter in large pot over medium heat.
- ☐ Add ham and sauté until browned, about 8 minutes. Using slotted spoon, transfer ham to extra-large bowl.
- ☐ Add onions and next 6 ingredients to drippings in pot. Cover and cook until vegetables begin to brown, stirring often, about 15 minutes; add to ham. (Can be made 1 day ahead. Cover and chill. Reheat before continuing.)
- ☐ Stir all bread into ham mixture; add 3 1/4 cups broth. Season stuffing to taste with salt and pepper; mix in eggs.
- ☐ Loosely fill main cavity and neck cavity of turkey with stuffing.
- ☐ Add enough broth to remaining stuffing to moisten slightly (1/4 cup to 3/4 cup, depending on amount of remaining stuffing). Generously butter baking dish. Spoon remaining stuffing into prepared dish. Cover dish with buttered foil, buttered side down.
- ☐ Bake stuffing in dish — alongside turkey or while turkey is resting — until heated through, about 25 minutes. Uncover stuffing in dish.

- ☐ Bake until top of stuffing is slightly crisp and golden, about 15 minutes longer.
- ☐ Preheat oven to 350°F. Generously butter 15x10x2-inch glass baking dish.
- ☐ Add enough extra broth to stuffing to moisten (3/4 cup to 1 1/4 cups).
- ☐ Transfer stuffing to prepared dish. Cover with buttered foil, buttered side down.
- ☐ Bake until heated through, about 40 minutes. Uncover and bake until top is slightly crisp and golden, about 20 minutes longer.

## Nutrition Facts



## Properties

Glycemic Index:15.58, Glycemic Load:37.14, Inflammation Score:-9, Nutrition Score:18.311739299608%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

## Nutrients (% of daily need)

Calories: 376.05kcal (18.8%), Fat: 12.69g (19.52%), Saturated Fat: 6.55g (40.96%), Carbohydrates: 53.36g (17.79%), Net Carbohydrates: 49.68g (18.07%), Sugar: 7.32g (8.14%), Cholesterol: 81mg (27%), Sodium: 674.04mg (29.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.42g (26.85%), Vitamin A: 3055.82IU (61.12%), Vitamin B1: 0.67mg (44.56%), Selenium: 30.62µg (43.74%), Folate: 132.29µg (33.07%), Manganese: 0.59mg (29.53%), Vitamin B2: 0.49mg (29.09%), Vitamin B3: 5.27mg (26.37%), Iron: 4.25mg (23.59%), Phosphorus: 167.26mg (16.73%), Vitamin K: 15.68µg (14.93%), Fiber: 3.68g (14.7%), Copper: 0.21mg (10.37%), Vitamin B6: 0.21mg (10.37%), Magnesium: 40.38mg (10.1%), Potassium: 350.28mg (10.01%), Zinc: 1.33mg (8.88%), Calcium: 85.4mg (8.54%), Vitamin C: 6.4mg (7.76%), Vitamin B5: 0.68mg (6.79%), Vitamin E: 0.81mg (5.42%), Vitamin B12: 0.21µg (3.42%), Vitamin D: 0.31µg (2.08%)