



WHATSheATE



Country Bread Stuffing with Goat Cheese, Kale and Bacon

READY IN



95 min.

SERVINGS



8

CALORIES



768 kcal

SIDE DISH

Ingredients

- ☐ 1 large loaf day-old country bread cut into 1-inch cubes
- ☐ 5 tablespoons canola oil
- ☐ 2 medium carrots diced peeled finely
- ☐ 2 medium stalks celery diced finely
- ☐ 4 cups chicken stock see homemade
- ☐ 2 large eggs
- ☐ 0.5 cup flat-leaf parsley leaves fresh coarsely chopped
- ☐ 3 tablespoons sage fresh finely chopped

- ☐ 3 cloves garlic finely chopped
- ☐ 8 ounces goat cheese cut into small pieces
- ☐ 1 tablespoon honey
- ☐ 1 pound tuscan kale coarsely chopped
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 1 medium onion diced spanish finely
- ☐ 1 pinch pepper flakes red
- ☐ 1 pound double-smoked slab bacon cut into small strips
- ☐ 3 tablespoons butter unsalted plus more for buttering baking dish

Equipment

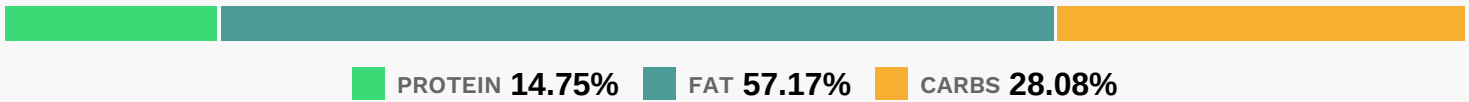
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ stove
- ☐ slotted spoon

Directions

- ☐ Preheat the oven to 375 degrees F. Butter a large baking dish and set aside.
- ☐ Heat 2 tablespoons of the canola oil in a large saute pan over medium-high heat.
- ☐ Add half of the bread cubes and saute until lightly golden brown on all sides, 3 to 5 minutes. Season with salt and pepper and transfer to a baking sheet.
- ☐ Heat 2 more tablespoons of the oil and repeat with the remaining bread.
- ☐ Return the pan to the stove over medium heat.

- ☐ Add the remaining 1 tablespoon oil and the bacon and cook until the bacon is golden brown and crisp, about 5 minutes.
- ☐ Transfer the bacon with a slotted spoon to a plate lined with paper towels.
- ☐ Add the butter to the pan with the rendered bacon fat over medium heat. Once melted, add the carrots, celery and onions and cook until soft, about 5 minutes.
- ☐ Add the garlic and pepper flakes and cook for 30 seconds.
- ☐ Add the kale and cook until wilted, about 2 minutes.
- ☐ Remove and cool slightly.
- ☐ Put the bread cubes in a large bowl with the cooled vegetable mixture. In a separate bowl, whisk the eggs until smooth and add to the bread.
- ☐ Add the stock, making sure the mixture is very, very wet.
- ☐ Sprinkle with salt and pepper and fold in the goat cheese, parsley, sage and reserved bacon.
- ☐ Transfer to the prepared pan and add the honey if using.
- ☐ Bake until golden brown and crispy on top and cooked through, about 35 minutes.
- ☐ Remove and let rest 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:42.85, Glycemic Load:23.84, Inflammation Score:-10, Nutrition Score:41.739130476247%

Flavonoids

Apigenin: 8.37mg, Apigenin: 8.37mg, Apigenin: 8.37mg, Apigenin: 8.37mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 14.07mg, Isorhamnetin: 14.07mg, Isorhamnetin: 14.07mg, Isorhamnetin: 14.07mg Kaempferol: 26.74mg, Kaempferol: 26.74mg, Kaempferol: 26.74mg, Kaempferol: 26.74mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 15.69mg, Quercetin: 15.69mg, Quercetin: 15.69mg, Quercetin: 15.69mg

Nutrients (% of daily need)

Calories: 767.81kcal (38.39%), Fat: 49.03g (75.44%), Saturated Fat: 16.57g (103.54%), Carbohydrates: 54.2g (18.07%), Net Carbohydrates: 47.31g (17.21%), Sugar: 11.16g (12.4%), Cholesterol: 111.85mg (37.28%), Sodium: 1123.51mg (48.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.46g (56.92%), Copper: 7.31mg (365.47%), Vitamin K: 299.38µg (285.12%), Vitamin A: 9095.16IU (181.9%), Manganese: 1.74mg (86.94%), Vitamin C:

60.95mg (73.87%), Selenium: 44.03µg (62.9%), Vitamin B3: 9.99mg (49.96%), Vitamin B1: 0.67mg (44.52%), Vitamin B2: 0.75mg (44.28%), Phosphorus: 370.22mg (37.02%), Folate: 137.75µg (34.44%), Calcium: 339.45mg (33.94%), Iron: 5.83mg (32.39%), Vitamin B6: 0.56mg (27.87%), Fiber: 6.89g (27.56%), Magnesium: 81.83mg (20.46%), Potassium: 714mg (20.4%), Vitamin E: 2.82mg (18.77%), Zinc: 2.54mg (16.97%), Vitamin B5: 1.56mg (15.62%), Vitamin B12: 0.46µg (7.63%), Vitamin D: 0.67µg (4.46%)