



Country Ham and Sage Dressing

READY IN



98 min.

SERVINGS



12

CALORIES



308 kcal

SIDE DISH

Ingredients

- ☐ 1.5 lb firm-textured bread white cut into 3/4
- ☐ 2 cups celery chopped
- ☐ 2 cups chicken broth
- ☐ 0.5 pound country ham cubed
- ☐ 1 large eggs beaten
- ☐ 0.7 cup flat-leaf parsley fresh chopped
- ☐ 3 tablespoons sage fresh minced
- ☐ 1 tablespoon thyme leaves fresh minced
- ☐ 6 garlic cloves minced

- ☐ 4 cups onions chopped
- ☐ 1 teaspoon pepper
- ☐ 0.5 cup butter unsalted divided

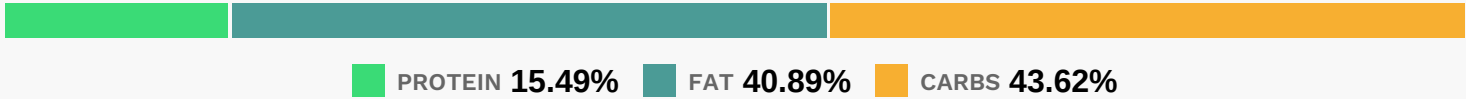
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Spread bread cubes in a single layer on 2 large baking sheets.
- ☐ Bake at 350 for 10 minutes or until toasted.
- ☐ Let cool, and transfer to a very large bowl.
- ☐ Melt 1 Tbsp. butter in a large deep skillet over medium-high heat; add country ham, and saut 2 to 3 minutes.
- ☐ Add ham to bread in bowl.
- ☐ Melt remaining butter in same skillet over medium heat; add onion and celery, and saut 8 minutes.
- ☐ Add garlic, and saut 2 minutes.
- ☐ Remove from heat; add to bread in bowl.
- ☐ Combine broth, egg, and pepper.
- ☐ Add broth mixture to bread, tossing well. Stir in fresh herbs. Spoon dressing into a lightly greased 13" x 9" baking dish.
- ☐ Bake, covered, at 400 for 30 minutes. Uncover and bake 15 to 20 more minutes or until top is browned and crusty.
- ☐ Make Ahead: Prepare dressing a day ahead. Store dressing, unbaked, in refrigerator. The next day, let dressing stand at room temperature 30 minutes and bake as directed. Reheat briefly just before serving.

Nutrition Facts



Properties

Glycemic Index:21.39, Glycemic Load:15.86, Inflammation Score:-8, Nutrition Score:20.218695557636%

Flavonoids

Apigenin: 7.68mg, Apigenin: 7.68mg, Apigenin: 7.68mg, Apigenin: 7.68mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 10.93mg, Quercetin: 10.93mg, Quercetin: 10.93mg, Quercetin: 10.93mg

Nutrients (% of daily need)

Calories: 307.72kcal (15.39%), Fat: 14.09g (21.68%), Saturated Fat: 6.6g (41.26%), Carbohydrates: 33.83g (11.28%), Net Carbohydrates: 30.02g (10.92%), Sugar: 5.97g (6.63%), Cholesterol: 48.34mg (16.11%), Sodium: 662.67mg (28.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.01g (24.02%), Copper: 4.7mg (234.93%), Vitamin K: 63.56µg (60.54%), Manganese: 1mg (49.76%), Selenium: 22.71µg (32.44%), Vitamin B1: 0.4mg (26.39%), Vitamin B3: 4.29mg (21.44%), Folate: 72.6µg (18.15%), Iron: 2.97mg (16.51%), Vitamin B2: 0.26mg (15.52%), Fiber: 3.82g (15.27%), Phosphorus: 150.84mg (15.08%), Vitamin A: 646.99IU (12.94%), Vitamin C: 10.42mg (12.63%), Vitamin B6: 0.24mg (12.13%), Calcium: 117.62mg (11.76%), Magnesium: 40.91mg (10.23%), Zinc: 1.32mg (8.83%), Potassium: 307.35mg (8.78%), Vitamin B5: 0.76mg (7.63%), Vitamin E: 0.54mg (3.59%), Vitamin B12: 0.18µg (3.03%), Vitamin D: 0.36µg (2.38%)