



## Italian Bread Dressing

 Vegetarian

READY IN



80 min.

SERVINGS



12

CALORIES



344 kcal

### Ingredients

- 2 lb egg bread loaf - crusts cut into 3/4-inch cubes
- 0.5 cup butter
- 2 bunches sage fresh chopped
- 1 teaspoon salt
- 0.5 pepper
- 0.5 cup apricot dried (from 6-oz bag)
- 0.5 cup cherries dried (from 6-oz bag)
- 0.5 cup golden raisins
- 1 cup onion yellow finely chopped

- 1 cup fennel bulb finely chopped
- 1 cup carrots finely chopped
- 3 cups chicken broth (from 32-oz carton)
- 2 pepperidge farm sage and onion stuffing stuffing (for firmer stuffing)

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- baking pan
- glass baking pan

## Directions

- Heat oven to 350°F. In large bowl, add bread cubes; set aside. In 12-inch skillet, melt 1/4 cup butter over medium heat until light brown.
- Remove from heat; stir in sage, salt and pepper.
- Pour sage butter over bread cubes and toss gently. On 2 cookie sheets, spread out seasoned bread cubes.
- Bake 15 minutes or until light brown; return to bowl.
- Meanwhile, in medium bowl, place the dried fruits.
- Add boiling water to cover and allow to stand at least 10 minutes to plump and soften fruits.
- Drain; add to seasoned bread cubes.
- Increase oven temperature to 375°F. In same skillet, melt remaining 1/4 cup butter over medium heat.
- Add onion, celery and carrots to butter; cook 7 to 10 minutes, stirring occasionally, until vegetables are tender.
- Add to dressing mixture in bowl; gently toss. Stir in broth. Stir in beaten eggs just until blended.

Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Spoon dressing into baking dish.

Bake uncovered 40 to 45 minutes or until golden brown.

## Nutrition Facts

**PROTEIN 10.68%** **FAT 32.99%** **CARBS 56.33%**

### Properties

Glycemic Index:26.08, Glycemic Load:4.52, Inflammation Score:-9, Nutrition Score:17.836521749911%

### Flavonoids

Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

### Nutrients (% of daily need)

Calories: 343.96kcal (17.2%), Fat: 12.78g (19.66%), Saturated Fat: 6.25g (39.05%), Carbohydrates: 49.11g (16.37%), Net Carbohydrates: 45.73g (16.63%), Sugar: 9.99g (11.1%), Cholesterol: 58.89mg (19.63%), Sodium: 573.4mg (24.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.31g (18.62%), Copper: 5.34mg (266.86%), Vitamin A: 2387.48IU (47.75%), Selenium: 23.22µg (33.18%), Manganese: 0.63mg (31.7%), Vitamin B3: 4.87mg (24.33%), Vitamin B1: 0.35mg (23.57%), Vitamin B2: 0.38mg (22.49%), Folate: 87.2µg (21.8%), Iron: 3.01mg (16.7%), Fiber: 3.38g (13.53%), Phosphorus: 124.09mg (12.41%), Calcium: 103.45mg (10.34%), Potassium: 352.16mg (10.06%), Vitamin K: 7.95µg (7.57%), Magnesium: 26.44mg (6.61%), Vitamin B6: 0.12mg (5.95%), Zinc: 0.81mg (5.37%), Vitamin E: 0.78mg (5.2%), Vitamin C: 3.14mg (3.8%), Vitamin B5: 0.33mg (3.35%), Vitamin B12: 0.15µg (2.51%), Vitamin D: 0.3µg (2.02%)