



Italian Mother-In-Law Dressing

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



921 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 cups bread
- ☐ 2 large eggs
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 5 garlic clove chopped
- ☐ 0.3 cup golden raisins
- ☐ 1 cup olive green pitted coarsely chopped
- ☐ 2 teaspoons kosher salt
- ☐ 3 cups chicken broth low-sodium divided

- ☐ 8 tablespoons olive oil divided
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.5 cup pinenuts toasted
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.3 cup red wine vinegar
- ☐ 1 tablespoon sugar
- ☐ 1 bunch swiss chard red cut into 1/2" pieces, leaves torn
- ☐ 0.3 cup butter unsalted plus more for baking dish ()
- ☐ 2.5 cups onion yellow chopped

Equipment

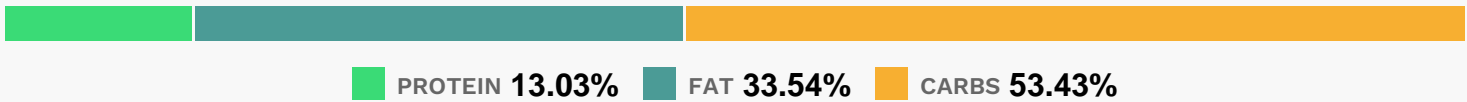
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 250°F. Butter a 13x9x2"baking dish; set aside. Soak raisins in1 cup broth in a small bowl for 30 minutes.
- ☐ Scatter bread in a single layer on arimmed baking sheet.
- ☐ Bake, stirringoccasionally, until dried out, about 1 hour.
- ☐ Let cool and transfer to a very large bowl.
- ☐ Heat 2 tablespoons oil in a large skillet overmedium-high heat; add Swiss chard leavesand stir constantly until just wilted.
- ☐ Transferto bowl with bread.

- ☐ Heat 2 tablespoons oil in same skillet; add stems and cook, stirring often, until crisp-tender, 3–5 minutes.
- ☐ Add to bowl.
- ☐ Heat 4 tablespoons oil and 1/4 cup butter in same skillet; add onions and garlic. Stir often until just beginning to brown, about 10 minutes. Stir in vinegar and sugar; cook until vinegar is almost evaporated, about 5 minutes.
- ☐ Add onion mixture to chard in bowl.
- ☐ Add raisins with broth, olives, and next 5 ingredients; gently fold into bread mixture until thoroughly combined.
- ☐ Drizzle in 1 cup broth and toss gently.
- ☐ Let cool completely.
- ☐ Preheat oven to 350°F.
- ☐ Whisk remaining 1 cup broth and eggs in a small bowl. Gently fold into dressing until thoroughly combined.
- ☐ Transfer to prepared dish, cover with foil, and bake until an instant-read thermometer inserted into the center of dressing registers 160°F, about 40 minutes. DO AHEAD: Dressing can be made 1 day ahead. Uncover; let cool. Cover; chill.
- ☐ Bake dressing, uncovered, until set and top is browned and crisp, 40–45 minutes longer (if chilled, add 10–15 minutes).

Nutrition Facts



Properties

Glycemic Index:27.94, Glycemic Load:63.94, Inflammation Score:-10, Nutrition Score:42.000000150307%

Flavonoids

Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 8.89mg, Quercetin: 8.89mg, Quercetin: 8.89mg, Quercetin: 8.89mg

Nutrients (% of daily need)

Calories: 921.09kcal (46.05%), Fat: 34.75g (53.47%), Saturated Fat: 7.2g (45.02%), Carbohydrates: 124.59g (41.53%), Net Carbohydrates: 112.82g (41.03%), Sugar: 19.42g (21.57%), Cholesterol: 49.4mg (16.47%), Sodium: 1899.68mg (82.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.37g (60.74%), Vitamin K: 275.12µg (262.02%), Manganese: 3.65mg (182.38%), Selenium: 72.19µg (103.13%), Vitamin B3: 14.79mg (73.94%), Vitamin B1: 1.04mg (69.26%), Iron: 10.3mg (57.25%), Folate: 222.05µg (55.51%), Fiber: 11.77g (47.08%), Vitamin B2: 0.73mg (43.05%), Vitamin A: 2135.3IU (42.71%), Phosphorus: 420.47mg (42.05%), Magnesium: 149.33mg (37.33%), Calcium: 352.48mg (35.25%), Copper: 0.59mg (29.62%), Vitamin E: 4.15mg (27.69%), Vitamin B5: 2.25mg (22.46%), Zinc: 3.33mg (22.23%), Vitamin B6: 0.41mg (20.67%), Potassium: 672.91mg (19.23%), Vitamin C: 13.16mg (15.95%), Vitamin B12: 0.17µg (2.82%), Vitamin D: 0.29µg (1.9%)