



## Kale Dressing

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



365 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 chilies dried
- ☐ 0.5 cup wine dry white
- ☐ 2 large eggs beaten to blend
- ☐ 1.5 cups fennel bulb minced
- ☐ 2 tablespoons fennel seeds
- ☐ 2 tablespoons thyme sprigs fresh
- ☐ 3 garlic clove thinly sliced
- ☐ 10 servings kale

- ☐ 10 servings pepper black freshly ground
- ☐ 0.8 cup olive oil extra virgin extra-virgin divided
- ☐ 1.5 cups onion minced
- ☐ 2 sprigs rosemary
- ☐ 3.5 cups turkey broth low-sodium
- ☐ 0.3 cup butter unsalted ()
- ☐ 2 pounds sandwich bread white country-style

## Equipment

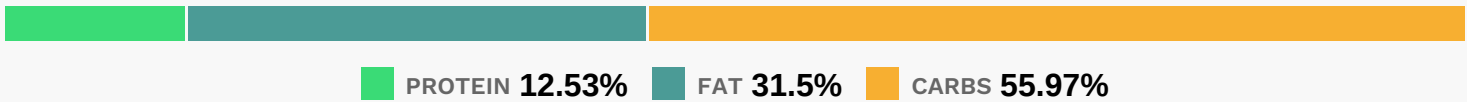
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ aluminum foil
- ☐ mortar and pestle

## Directions

- ☐ Preheat oven to 400°F. Using your hands,toss bread in a large bowl while drizzlingwith 1/2 cup oil, squeezing bread to help itabsorb oil.
- ☐ Spread out on 2 rimmed bakingsheets, dividing equally; set aside.
- ☐ Toast bread, stirring often and rotating baking sheets halfway through, untilcroutons are golden brown and crisp on theoutside but still a little soft inside, about20 minutes.
- ☐ Let cool; return to large bowl.
- ☐ Meanwhile, toast fennel seeds in a smallskillet over medium heat, shaking pan often,until seeds are fragrant and light gold,2–3 minutes.
- ☐ Let cool. Using a spice mill ora mortar and pestle, coarsely grind fennelseeds; set aside. Alternatively, crush seedsin a resealable freezer bag with bottom of aheavy skillet.
- ☐ Heat a large skillet over medium heatfor 2 minutes.

- ☐ Add remaining 1/4 cup oil and butter. When butter is melted, add rosemary sprigs and chile; let sizzle in pan for 1 minute, then add crushed fennel seeds, fennel, onions, thyme, and garlic. Season with salt and pepper and sauté until vegetables are tender and lightly caramelized, 6–8 minutes. Discard rosemary sprigs and chile.
- ☐ Add vegetable mixture and
- ☐ Slow-Cooked Tuscan Kale to croutons.
- ☐ Boil wine in same skillet over medium-high heat until reduced by 3/4, 1–2 minutes.
- ☐ Add broth; bring to a boil.
- ☐ Add to crouton mixture; toss well. Season with salt and pepper.
- ☐ Add eggs; stir to distribute.
- ☐ Transfer to a 13x9x2" baking dish. Cover with foil.
- ☐ Bake dressing until heated through, about 30 minutes (a knife inserted into the center should be hot to the touch).
- ☐ Remove foil and bake until bread is golden and crisped on top, 25–30 minutes longer.

## Nutrition Facts



## Properties

Glycemic Index:37.08, Glycemic Load:32.77, Inflammation Score:–9, Nutrition Score:15.15913039705%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 1.44mg, Isorhamnetin: 1.44mg, Isorhamnetin: 1.44mg, Isorhamnetin: 1.44mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg

## Nutrients (% of daily need)

Calories: 364.72kcal (18.24%), Fat: 12.5g (19.24%), Saturated Fat: 4.47g (27.94%), Carbohydrates: 50g (16.67%), Net Carbohydrates: 46.32g (16.84%), Sugar: 6.92g (7.69%), Cholesterol: 51.05mg (17.02%), Sodium: 763.05mg (33.18%),

Alcohol: 1.24g (100%), Alcohol %: 0.61% (100%), Protein: 11.19g (22.39%), Manganese: 0.79mg (39.27%), Selenium: 24.87µg (35.53%), Vitamin B1: 0.5mg (33.55%), Folate: 115.15µg (28.79%), Calcium: 239.61mg (23.96%), Vitamin B3: 4.75mg (23.77%), Iron: 3.99mg (22.19%), Vitamin B2: 0.34mg (20.15%), Phosphorus: 152.12mg (15.21%), Fiber: 3.68g (14.72%), Vitamin K: 15.03µg (14.32%), Magnesium: 40.12mg (10.03%), Copper: 0.18mg (8.84%), Vitamin C: 7.08mg (8.58%), Vitamin B6: 0.17mg (8.29%), Vitamin A: 398.87IU (7.98%), Potassium: 272.13mg (7.78%), Zinc: 1.16mg (7.72%), Vitamin B5: 0.73mg (7.32%), Vitamin E: 1.03mg (6.84%), Vitamin B12: 0.12µg (1.92%), Vitamin D: 0.29µg (1.9%)