



Panettone Stuffing

 Vegetarian

READY IN



105 min.

SERVINGS



10

CALORIES



166 kcal

SIDE DISH

Ingredients

- ☐ 1 cup carrots minced
- ☐ 1 cup celery minced
- ☐ 0.5 cup cherries dried sour
- ☐ 1 cups up chicken stock or turkey if you have it
- ☐ 0.5 cup apricots dried julienned
- ☐ 2 eggs
- ☐ 2 bunches sage fresh minced
- ☐ 0.5 cup golden raisins

- ☐ 10 servings salt and pepper
- ☐ 1 stick butter sweet
- ☐ 1.5 cups onion yellow minced
- ☐ 2.2 pound panettone
- ☐ 2.2 pound panettone

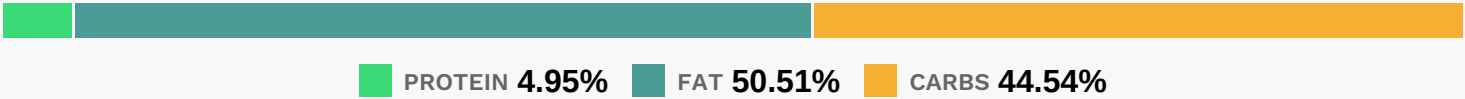
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Cut the panettone into 3/4-inch squares and place in large bowl. Melt half of the butter in a saucepan over medium heat and continue to cook until light brown, about 5 minutes.
- ☐ Take off the heat and add half the sage. Season with salt and pepper.
- ☐ Pour the sage butter over the bread and toss gently but swiftly.
- ☐ Spread out on 2 cooking sheets and place in the oven until light brown, about 15 minutes.
- ☐ Remove from the oven and place back into the bowl.
- ☐ Meanwhile, place the dried fruit in a large bowl; add boiling water to cover and then set aside for at least 10 minutes. This will plump and soften the fruit for cooking.
- ☐ Drain fruit once plumped.
- ☐ Raise the oven temperature to 375 degrees F.
- ☐ Melt the remaining butter and add onion, celery, and carrot.
- ☐ Saute on medium-low heat until soft.
- ☐ Add dried fruit and remaining sage. Toss into cooled croutons. Gently toss and add chicken broth to moisten; add more broth if you like a softer stuffing. Stir in beaten eggs now, if using. Adjust salt and pepper, to your liking. Turn out into an oven-proof casserole.
- ☐ Bake uncovered until golden brown on top, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:24.59, Glycemic Load:5.25, Inflammation Score:-9, Nutrition Score:10.63391298574%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 166.06kcal (8.3%), Fat: 9.71g (14.94%), Saturated Fat: 5.98g (37.35%), Carbohydrates: 19.26g (6.42%), Net Carbohydrates: 16.85g (6.13%), Sugar: 13.05g (14.5%), Cholesterol: 25.01mg (8.34%), Sodium: 322.19mg (14.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Copper: 6.23mg (311.53%), Vitamin A: 2917.34IU (58.35%), Manganese: 0.3mg (15%), Fiber: 2.41g (9.66%), Potassium: 268.49mg (7.67%), Vitamin K: 6.07µg (5.78%), Vitamin B6: 0.1mg (5.09%), Vitamin E: 0.68mg (4.53%), Iron: 0.79mg (4.41%), Calcium: 43.57mg (4.36%), Vitamin B3: 0.82mg (4.12%), Vitamin C: 3.19mg (3.87%), Vitamin B2: 0.07mg (3.84%), Phosphorus: 36.84mg (3.68%), Magnesium: 14.33mg (3.58%), Folate: 13.11µg (3.28%), Vitamin B1: 0.04mg (2.56%), Selenium: 1.11µg (1.58%), Vitamin B5: 0.15mg (1.46%), Zinc: 0.22mg (1.44%)