



Prosciutto-Bread Stuffing With Sausage

READY IN



45 min.

SERVINGS



17

CALORIES



319 kcal

SIDE DISH

Ingredients

- 2 pound loaves of prosciutto bread cut into 3/4-inch dice
- 1 celery rib finely chopped
- 3 cups chicken stock see low-sodium canned
- 0.3 cup flat-leaf parsley finely chopped
- 0.8 pound sausages sweet italian
- 1 pound leeks white green sliced
- 0.3 cup olive oil extra-virgin
- 4 ounces pancetta lean sliced finely chopped
- 0.5 cup parmesan cheese freshly grated

- 17 servings salt and pepper freshly ground
- 2 tablespoons butter unsalted melted

Equipment

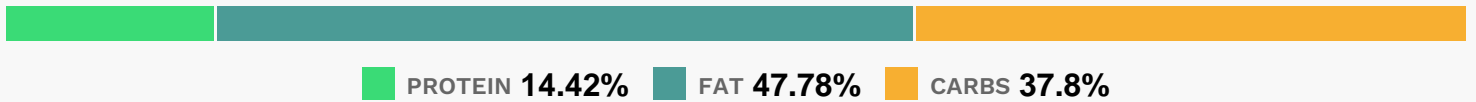
- bowl
- frying pan
- baking sheet
- oven
- baking pan
- aluminum foil
- slotted spoon
- glass baking pan

Directions

- Preheat the oven to 32
- Lightly butter a 9-by-13-inch glass baking dish.
- Spread the bread on 2 large, rimmed baking sheets and bake for 30 minutes, stirring twice, until crisp and golden.
- Meanwhile, in a large, deep skillet, heat 2 tablespoons of the olive oil until shimmering.
- Add the sausage meat and cook over moderately high heat, breaking it up as you stir, until cooked through, about 10 minutes. Using a slotted spoon, transfer the sausage meat to a large bowl and let cool.
- Add the remaining 2 tablespoons of olive oil to the skillet and heat until shimmering.
- Add the pancetta and cook over moderately high heat, stirring occasionally, until softened, about 5 minutes.
- Add the leeks and chopped celery rib and cook, stirring frequently, until the leeks are softened and golden, 8 to 9 minutes. Spoon off as much fat from the pan as possible.
- Add the leeks to the sausage meat along with the parsley and celery leaves and let cool.
- Add the toasted prosciutto bread and all but 2 tablespoons of the Parmesan to the bowl and toss very well.

- Mix in the stock, season with salt and pepper and spoon the stuffing into the baking dish.
- Brush with the melted butter.
- Sprinkle the remaining 2 tablespoons of Parmesan cheese over the top and cover with foil.
- Preheat the oven to 37
- Bake the stuffing for 45 minutes, or until heated through and lightly browned on the bottom.
- Remove the foil and bake for about 20 minutes longer, until the top is golden and crisp.
- Serve hot.
- Make Ahead: The recipe can be prepared through Step 4 and refrigerated for up to 2 days. Bring to room temperature before baking.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:14.72, Inflammation Score:-6, Nutrition Score:13.4017389935%

Flavonoids

Apigenin: 1.91mg, Apigenin: 1.91mg, Apigenin: 1.91mg, Apigenin: 1.91mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 318.81kcal (15.94%), Fat: 17.01g (26.17%), Saturated Fat: 5.34g (33.38%), Carbohydrates: 30.28g (10.09%), Net Carbohydrates: 27.63g (10.05%), Sugar: 4.16g (4.63%), Cholesterol: 25.71mg (8.57%), Sodium: 706.73mg (30.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.55g (23.1%), Manganese: 0.78mg (39.07%), Selenium: 22.99µg (32.84%), Vitamin K: 31.72µg (30.21%), Vitamin B1: 0.37mg (24.6%), Vitamin B3: 4.59mg (22.97%), Folate: 65.62µg (16.41%), Iron: 2.92mg (16.22%), Phosphorus: 148.26mg (14.83%), Vitamin B2: 0.21mg (12.09%), Vitamin A: 589.52IU (11.79%), Calcium: 115.84mg (11.58%), Fiber: 2.64g (10.58%), Vitamin B6: 0.21mg (10.33%), Magnesium: 34.88mg (8.72%), Zinc: 1.2mg (8.03%), Copper: 0.15mg (7.7%), Potassium: 233.84mg (6.68%), Vitamin B5: 0.63mg (6.29%), Vitamin E: 0.89mg (5.95%), Vitamin C: 4.88mg (5.92%), Vitamin B12: 0.3µg (4.99%)