



Rosemary Bread Stuffing with Speck, Fennel, and Lemon

READY IN



300 min.

SERVINGS



8

CALORIES



498 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 tablespoons butter divided melted ()
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup wine dry white
- ☐ 2 large eggs beaten to blend
- ☐ 2 cups fennel bulb fresh chopped (from 1 large)
- ☐ 1 tablespoon fennel seeds
- ☐ 0.3 cup golden raisins

- ☐ 1 tablespoon lemon zest finely grated
- ☐ 1 cup chicken broth ()
- ☐ 14.5 ounce bread cut into 1/2-inch cubes
- ☐ 7 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 1 cup shallots finely chopped
- ☐ 8 ounces pancetta thinly sliced coarsely chopped

Equipment

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

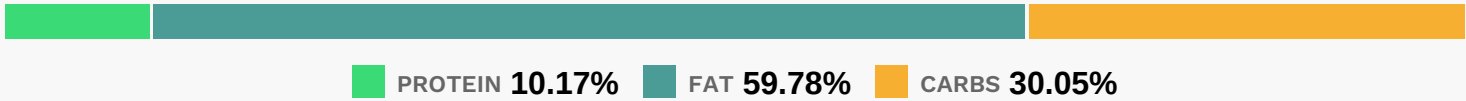
Directions

- ☐ Preheat oven to 375°F. Toss bread cubes, 3 tablespoons oil, and 2 tablespoons melted butter in large bowl.
- ☐ Spread mixture on large rimmed baking sheet.
- ☐ Bake until bread cubes are golden, stirring occasionally, 20 to 22 minutes. Cool.
- ☐ Mix wine and raisins in small saucepan; let soak 10 minutes. Boil 2 minutes. Cool.
- ☐ Stir fennel seeds in small dry skillet over medium heat until fragrant and slightly darker, 2 to 3 minutes.
- ☐ Transfer fennel seeds to plate to cool. Finely grind seeds in mortar with pestle or in spice mill.
- ☐ Heat 2 tablespoons butter with 3 tablespoons oil in large skillet over medium-high heat.
- ☐ Add fennel bulb, shallots, 1/2 teaspoon coarse salt, and 1/2 teaspoon pepper; sauté until fennel is tender and shallots are pale golden, about 7 minutes. Stir in ground fennel seeds, Speck, lemon peel, and fennel fronds. Stir raisins into fennel mixture; cool. DO AHEAD: Bread cubes

and fennel mixture can be made 1 day ahead. Store bread airtight at room temperature. Cover and refrigerate fennel mixture.

- ☐ Preheat to 375°F. Coat 13 x 9 x 2-inch glass baking dish with 1 tablespoon oil. Toss bread cubes and fennel mixture in large bowl.
- ☐ Add 1 cup broth and eggs; toss until moistened, adding up to ¼ cup more broth if dry.
- ☐ Transfer stuffing to prepared baking dish. Cover with foil coated lightly with oil, oiled side down.
- ☐ Bake until stuffing is heated through, about 30 minutes.
- ☐ Remove foil; bake uncovered until top is crisp and golden, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:35.92, Glycemic Load:17.37, Inflammation Score:-5, Nutrition Score:14.954782838407%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 497.82kcal (24.89%), Fat: 33.09g (50.91%), Saturated Fat: 9.9g (61.87%), Carbohydrates: 37.43g (12.48%), Net Carbohydrates: 33.1g (12.04%), Sugar: 9.92g (11.02%), Cholesterol: 80.26mg (26.75%), Sodium: 664.73mg (28.9%), Alcohol: 1.03g (100%), Alcohol %: 0.62% (100%), Protein: 12.66g (25.33%), Manganese: 0.84mg (42.13%), Selenium: 24.98µg (35.68%), Vitamin B3: 4.76mg (23.78%), Vitamin K: 24.77µg (23.59%), Vitamin B1: 0.32mg (21.29%), Phosphorus: 183.7mg (18.37%), Iron: 3.12mg (17.36%), Fiber: 4.33g (17.31%), Folate: 66.09µg (16.52%), Vitamin E: 2.43mg (16.17%), Vitamin B6: 0.3mg (14.94%), Vitamin B2: 0.25mg (14.72%), Potassium: 429.59mg (12.27%), Calcium: 111.95mg (11.19%), Magnesium: 42.64mg (10.66%), Vitamin B5: 0.93mg (9.31%), Copper: 0.19mg (9.26%), Zinc: 1.29mg (8.6%), Vitamin C: 6.4mg (7.75%), Vitamin A: 286.35IU (5.73%), Vitamin B12: 0.29µg (4.91%), Vitamin D: 0.36µg (2.42%)