



WHATSheATE



Rustic Bread Stuffing with Red Mustard Greens, Currants, and Pine Nuts



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



175 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoons butter divided ()
- ☐ 0.3 cup currants dried
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 2 garlic clove minced pressed
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 2 cups chicken broth
- ☐ 6 cups mustard greens red stemmed coarsely chopped

- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 cups onion chopped
- ☐ 0.3 cup pinenuts
- ☐ 1 pound frangelico country-style
- ☐ 1 pound frangelico country-style

Equipment

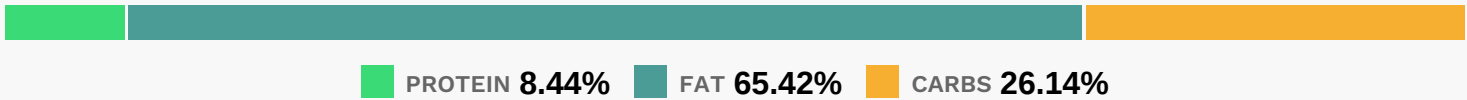
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Position rack in center of oven and preheat to 375°F.
- ☐ Cut bottom crust and short ends off bread and discard.
- ☐ Cut bread into 3/4-inch cubes; place in large bowl.
- ☐ Whisk oil and pressed garlic clove in small bowl.
- ☐ Add to bread cubes; toss to coat.
- ☐ Spread bread cubes in single layer on large rimmed baking sheet; sprinkle with salt and freshly ground pepper.
- ☐ Bake until slightly crunchy, stirring occasionally, about 15 minutes. Cool slightly, then return to same large bowl.
- ☐ Generously butter 13 x 9 x 2-inch glass baking dish. Melt 1 tablespoon butter in heavy large skillet over medium heat.
- ☐ Add pine nuts; stir until golden, about 2 minutes.
- ☐ Add to bowl with bread cubes. Melt remaining 3 tablespoons butter in same skillet over medium-high heat.
- ☐ Add onions; sauté until brown, about 10 minutes.

- ☐ Add mustard greens, thyme, and minced garlic; sauté until greens are wilted and tender, 3 to 4 minutes.
- ☐ Transfer to bowl with bread cubes.
- ☐ Add 2 cups stock to same skillet; boil until reduced to 1 cup, about 5 minutes.
- ☐ Pour stock over bread mixture and toss.
- ☐ Mix in currants and lemon peel. Season with salt and freshly ground black pepper.
- ☐ Transfer stuffing to prepared baking dish. DO AHEAD: Can be made 6 hours ahead. Cover; chill.
- ☐ Preheat oven to 350°F.
- ☐ Bake stuffing uncovered until heated through and starting to brown on top, 20 to 30 minutes.
- ☐ Let stand 5 minutes and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 26.13, Glycemic Load: 2.22, Inflammation Score: -9, Nutrition Score: 13.977826216946%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 8.81mg, Isorhamnetin: 8.81mg, Isorhamnetin: 8.81mg, Isorhamnetin: 8.81mg Kaempferol: 16.35mg, Kaempferol: 16.35mg, Kaempferol: 16.35mg, Kaempferol: 16.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.83mg, Quercetin: 11.83mg, Quercetin: 11.83mg, Quercetin: 11.83mg

Nutrients (% of daily need)

Calories: 175.23kcal (8.76%), Fat: 13.63g (20.96%), Saturated Fat: 4.49g (28.08%), Carbohydrates: 12.25g (4.08%), Net Carbohydrates: 9.6g (3.49%), Sugar: 6.28g (6.98%), Cholesterol: 15.05mg (5.02%), Sodium: 75.69mg (3.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.91%), Vitamin K: 114.36µg (108.91%), Vitamin C: 34.48mg (41.8%), Manganese: 0.6mg (30.12%), Vitamin A: 1493.52IU (29.87%), Vitamin E: 2.05mg (13.67%), Copper: 0.21mg (10.72%), Fiber: 2.65g (10.59%), Potassium: 360.87mg (10.31%), Phosphorus: 95.71mg (9.57%), Magnesium: 36.06mg (9.01%), Iron: 1.51mg (8.38%), Vitamin B6: 0.17mg (8.27%), Vitamin B3: 1.56mg (7.8%), Calcium: 72.82mg (7.28%), Vitamin B2: 0.1mg (6.08%), Vitamin B1: 0.08mg (5.63%), Zinc: 0.65mg (4.32%), Folate: 15.8µg (3.95%), Vitamin B5: 0.17mg (1.74%), Selenium: 0.84µg (1.2%), Vitamin B12: 0.07µg (1.18%)