



Sage Dressing

 Vegetarian

READY IN



105 min.

SERVINGS



8

CALORIES



425 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon pepper black freshly ground
- 1 pound dense country bread white cut in 3/4-inch cubes
- 1.5 cups celery thinly sliced
- 2 teaspoons sage dried crumbled
- 2 large eggs
- 2 leeks halved lengthwise
- 4 ounces mushrooms wild sliced

- 8 servings oil
- 1 teaspoon salt
- 8 servings thyme sprigs fresh for garnish
- 3 cups turkey stock
- 6 tablespoons butter unsalted plus more for greasing the baking dish
- 1.5 teaspoons a combination dried

Equipment

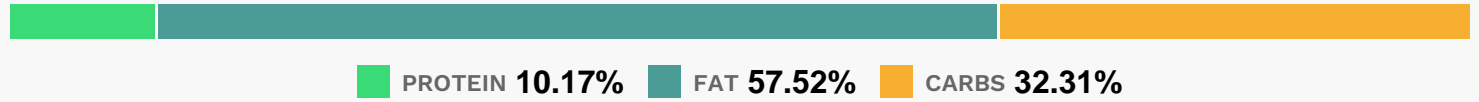
- bowl
- frying pan
- baking sheet
- oven
- whisk
- baking pan
- grill

Directions

- Preheat the oven to 325 degrees F.
- Toast the bread cubes on baking sheets for about 25 minutes, stirring once or twice, until lightly brown and crisp.
- Transfer them to a large bowl.
- Butter a 9 by 13-inch baking dish and set aside.
- Brush the leeks and mushrooms with oil and grill over medium heat until tender. Slice the white and pale green part of the leek and add them along with the mushrooms to the croutons. Warm 6 tablespoons of butter in a skillet and stir in the celery.
- Saute until soft, about 7 minutes.
- Add the sage, thyme, salt, and pepper. Stir to combine and scrape into the bowl of croutons.
- Add the stock 1 cup at a time until the bread is very moist but not soupy. Cover and refrigerate the dressing until ready to use.
- Turn the oven up to 425 degrees F.

- Taste and adjust the seasoning of the dressing.
- Whisk the eggs and baking powder together and incorporate into the dressing. Spoon the dressing into the prepared baking dish and cover.
- Transfer to the oven and bake for 25 minutes. Uncover and continue baking 15 to 20 additional minutes, or until lightly browned and crusty on top.
- Garnish with the herb sprigs and serve the dressing hot.

Nutrition Facts



Properties

Glycemic Index:40.46, Glycemic Load:15.66, Inflammation Score:-9, Nutrition Score:15.731739054555%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 425.14kcal (21.26%), Fat: 27.51g (42.32%), Saturated Fat: 7.53g (47.05%), Carbohydrates: 34.76g (11.59%), Net Carbohydrates: 31.46g (11.44%), Sugar: 6.11g (6.79%), Cholesterol: 71.74mg (23.91%), Sodium: 751.59mg (32.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.94g (21.89%), Manganese: 0.85mg (42.43%), Selenium: 23.85µg (34.07%), Vitamin K: 30.47µg (29.02%), Vitamin B3: 5.27mg (26.34%), Vitamin E: 3.22mg (21.47%), Vitamin B2: 0.36mg (21.09%), Folate: 82.88µg (20.72%), Vitamin B1: 0.3mg (19.95%), Iron: 3.26mg (18.13%), Vitamin A: 840.81IU (16.82%), Phosphorus: 155.7mg (15.57%), Fiber: 3.3g (13.21%), Calcium: 124.44mg (12.44%), Copper: 0.23mg (11.44%), Vitamin B6: 0.22mg (11.2%), Magnesium: 40.15mg (10.04%), Vitamin B5: 0.96mg (9.64%), Potassium: 335.65mg (9.59%), Zinc: 1.03mg (6.88%), Vitamin C: 5.46mg (6.62%), Vitamin D: 0.44µg (2.91%), Vitamin B12: 0.13µg (2.25%)