



Sourdough Rye Stuffing with Ham and Cheese

READY IN



45 min.

SERVINGS



10

CALORIES



426 kcal

SIDE DISH

Ingredients

- ☐ 2 large mcintosh apples cored cut into 1-inch dice
- ☐ 2 rib celery stalks finely chopped
- ☐ 4 cups 3%-less-sodium low-sodium canned
- ☐ 0.5 pound country ham minced (see Note)
- ☐ 2 large eggs
- ☐ 1 large onion coarsely chopped
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 1.5 pound cocktail rye bread cut into 1/2-inch cubes
- ☐ 10 servings salt and pepper freshly ground

- ☐ 6 medium spring onion coarsely chopped
- ☐ 1 tablespoon thyme leaves minced
- ☐ 6 ounces butter unsalted melted

Equipment

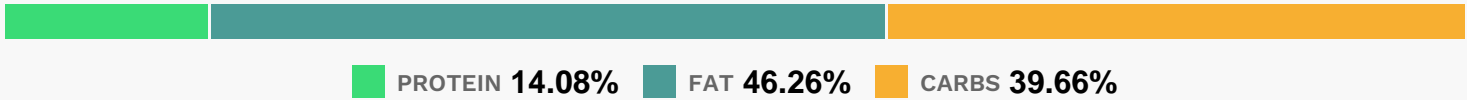
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 35
- ☐ In a very large bowl, toss the the bread cubes with the 4 tablespoons of melted butter, then spread on 3 large baking sheets.
- ☐ Sprinkle with the Parmesan and bake for 15 to 20 minutes, or until browned and crisp.
- ☐ Let cool. Return the bread to the bowl. Leave the oven on.
- ☐ Melt the remaining 1 stick of butter in a large skillet.
- ☐ Add the onion, scallions and celery and cook over moderately low heat, stirring, until softened, about 12 minutes.
- ☐ Add the ham and cook over moderately high heat, stirring, until golden, about 4 minutes. Stir in the apples and thyme and let cool.
- ☐ Scrape the apple mixture over the bread cubes and toss to coat; season with salt and pepper. In a large bowl, whisk the stock with the eggs and pour over the stuffing; mix thoroughly.
- ☐ Butter 2 large, shallow baking dishes and divide the stuffing between them. Cover with foil and bake until heated through, about 25 minutes. Uncover and bake until browned and crisp, about 15 minutes.

- ☐ Serve at once.
- ☐ Make Ahead: The stuffing can be assembled and refrigerated overnight. Bring to room temperature before baking.
- ☐ Notes: Ground cooked country ham is available from Meacham Country Hams, 800-552- The prosciutto can be finely ground in a food processor.

Nutrition Facts



Properties

Glycemic Index:22.03, Glycemic Load:17.24, Inflammation Score:-8, Nutrition Score:15.935217359792%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 426.03kcal (21.3%), Fat: 22.18g (34.13%), Saturated Fat: 11.41g (71.34%), Carbohydrates: 42.78g (14.26%), Net Carbohydrates: 37.17g (13.52%), Sugar: 8.28g (9.2%), Cholesterol: 90.01mg (30%), Sodium: 964.12mg (41.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.19g (30.39%), Selenium: 30.42µg (43.45%), Manganese: 0.63mg (31.58%), Vitamin B1: 0.46mg (30.46%), Vitamin B3: 5.03mg (25.13%), Vitamin B2: 0.39mg (23.1%), Folate: 91.22µg (22.8%), Fiber: 5.61g (22.43%), Phosphorus: 215.01mg (21.5%), Vitamin K: 21.81µg (20.77%), Iron: 2.85mg (15.85%), Vitamin A: 653.73IU (13.07%), Copper: 0.23mg (11.7%), Zinc: 1.74mg (11.6%), Potassium: 380.76mg (10.88%), Vitamin B6: 0.21mg (10.53%), Magnesium: 41.56mg (10.39%), Calcium: 102.46mg (10.25%), Vitamin C: 6.25mg (7.58%), Vitamin B12: 0.39µg (6.52%), Vitamin B5: 0.64mg (6.39%), Vitamin E: 0.95mg (6.35%), Vitamin D: 0.63µg (4.18%)