



Sourdough, Wild Mushroom, and Bacon Dressing

 Dairy Free

READY IN



150 min.

SERVINGS



8

CALORIES



634 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 pound bacon cut into 1/2-inch dice
- 4 tablespoons canola oil divided
- 3 cups chicken broth low sodium homemade canned
- 0.5 pound cremini mushrooms thinly sliced
- 2 large eggs lightly beaten
- 0.5 cup flat-leaf parsley fresh chopped
- 3 tablespoons sage fresh finely chopped

- 2 tablespoons thyme leaves fresh finely chopped
- 5 cloves garlic finely chopped
- 1 large onion diced spanish finely
- 0.5 pound oyster mushrooms coarsely chopped
- 8 servings salt and pepper black freshly ground
- 0.5 pound mushroom caps coarsely chopped
- 1.3 pounds sourdough bread trimmed cut into 1/2-inch cubes (12 cups)

Equipment

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

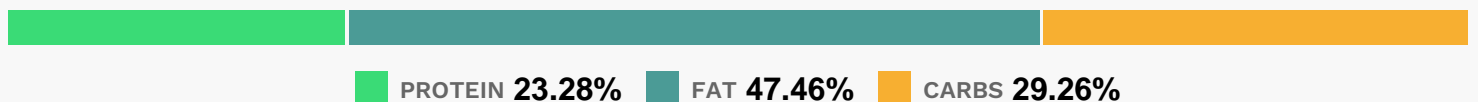
Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Spread the bread onto a large baking sheet (or 2 smaller baking sheets) in an even layer and bake, stirring a few times, until lightly golden brown, about 12 minutes.
- Remove and let cool. Once cooled, put the cubes into a very large bowl.
- Increase the heat to 375 degrees F.
- Combine the mushrooms in a large baking dish or baking sheet, toss with 3 tablespoons of the oil, and season with salt and pepper. Roast in the oven, stirring several times, until soft and

golden brown, about 25 minutes.

- While the mushrooms are roasting, heat the remaining 1 tablespoon of the canola oil in a large high-sided saute pan over medium heat.
- Add the bacon and cook, stirring occasionally, until golden brown and the fat has rendered, about 10 minutes.
- Remove the bacon with a slotted spoon to a plate lined with paper towels.
- Remove all but 2 tablespoons of the rendered fat in the saute pan and place back on the stove over high heat.
- Add the onion and cook until soft, about 4 minutes.
- Add the garlic and cook for 1 minute.
- Add 3 cups of the chicken stock and the herbs, season with salt and pepper, and bring to a simmer.
- Add the mushrooms to the bread, and then add the onion/stock mixture, egg, salt and pepper, and gently stir until combined. The dressing should be very wet, add more stock as needed. Scrape the mixture into a buttered 13 by 9 by 2-inch glass baking dish. Cover with foil and bake for 20 minutes.
- Remove the foil, and continue baking until the top is golden brown, about 30 to 40 minutes longer.
- Remove from the oven and let cool for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:34.81, Glycemic Load:29.44, Inflammation Score:-9, Nutrition Score:32.180434558703%

Flavonoids

Apigenin: 8.13mg, Apigenin: 8.13mg, Apigenin: 8.13mg, Apigenin: 8.13mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 634.24kcal (31.71%), Fat: 33.5g (51.53%), Saturated Fat: 8.77g (54.84%), Carbohydrates: 46.46g (15.49%), Net Carbohydrates: 42.46g (15.44%), Sugar: 5.64g (6.27%), Cholesterol: 113mg (37.67%), Sodium: 1109.27mg (48.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.97g (73.93%), Copper: 7.27mg (363.71%), Selenium: 56.89µg (81.27%), Vitamin K: 69.06µg (65.77%), Vitamin B3: 10.68mg (53.4%), Vitamin B1: 0.72mg (47.69%), Vitamin B2: 0.79mg (46.61%), Manganese: 0.85mg (42.27%), Phosphorus: 391.14mg (39.11%), Folate: 126.26µg (31.56%), Iron: 5.64mg (31.34%), Zinc: 4.31mg (28.75%), Vitamin B6: 0.56mg (27.86%), Potassium: 711.49mg (20.33%), Vitamin B5: 1.94mg (19.39%), Vitamin B12: 1.12µg (18.68%), Magnesium: 68.23mg (17.06%), Fiber: 4g (16.01%), Vitamin E: 1.97mg (13.14%), Vitamin A: 633.04IU (12.66%), Vitamin C: 9.76mg (11.83%), Calcium: 98.43mg (9.84%), Vitamin D: 0.84µg (5.58%)