



Three-Mushroom Dressing with Prosciutto

READY IN



45 min.

SERVINGS



10

CALORIES



304 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 cups unseasoned bread cubes (from one)
- ☐ 6 tablespoons butter ()
- ☐ 0.5 pound mushrooms trimmed
- ☐ 1 ounce the following: parmesan rind) dried
- ☐ 2.5 teaspoons rosemary dried crushed
- ☐ 1 cup wine dry white
- ☐ 2 large eggs beaten to blend
- ☐ 0.5 pound mushroom caps fresh stemmed quartered
- ☐ 3 garlic clove minced

- ☐ 1 cup spring onion divided chopped
- ☐ 1 cup chicken broth ()
- ☐ 1 cup onion chopped
- ☐ 3 ounce pancetta thinly sliced
- ☐ 4 teaspoons vegetable oil
- ☐ 2 cups water boiling

Equipment

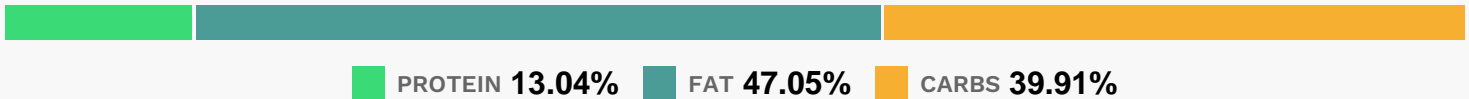
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350°F.
- ☐ Spread bread cubes in single layer on large rimmed baking sheet.
- ☐ Bake until lightly browned and slightly crisp, about 18 minutes. Cool.
- ☐ Combine porcini mushrooms and 2 cups boiling water in medium bowl; let stand until mushrooms are soft, about 30 minutes. Strain, reserving soaking liquid. Chop mushrooms.
- ☐ Heat oil in heavy large skillet over medium-high heat.
- ☐ Add prosciutto and cook until crisp, stirring occasionally, about 4 minutes.
- ☐ Transfer to paper towels. Melt butter in same skillet over medium-high heat.
- ☐ Add button mushrooms, shiitake mushrooms, and onion to skillet and sauté until soft and brown, about 10 minutes.
- ☐ Add garlic, rosemary, and porcini mushrooms.
- ☐ Sprinkle with salt and pepper.

- ☐ Add wine and boil until almost all liquid evaporates, about 4 minutes.
- ☐ Transfer to bowl.
- ☐ DO AHEAD: Bread cubes, mushroom soaking liquid, prosciutto, and mushroom mixture can be made 1 day ahead. Cover and store bread cubes at room temperature. Cover mushroom soaking liquid, prosciutto, and mushroom mixture separately and chill.
- ☐ Preheat oven to 350°F. Generously butter 13x9x2-inch baking dish.
- ☐ Combine bread cubes, 1/2 cup prosciutto, mushroom mixture, and 3/4 cup green onions in large bowl; toss to distribute evenly.
- ☐ Add eggs; toss to coat.
- ☐ Pour mushroom soaking liquid into 2-cup measuring cup.
- ☐ Add enough chicken broth to soaking liquid to measure 2 cups.
- ☐ Add broth mixture to bread mixture; toss to coat (mixture will be moist).
- ☐ Transfer dressing to prepared dish.
- ☐ Bake uncovered until top is slightly crisp, about 30 minutes.
- ☐ Sprinkle with remaining prosciutto and green onions.
- ☐ *Available in the produce section of many supermarkets and at specialty foods stores and Italian markets.

Nutrition Facts



Properties

Glycemic Index:34.67, Glycemic Load:12.57, Inflammation Score:-6, Nutrition Score:14.3699999968487%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

Nutrients (% of daily need)

Calories: 304.23kcal (15.21%), Fat: 15.37g (23.65%), Saturated Fat: 6.42g (40.13%), Carbohydrates: 29.33g (9.78%), Net Carbohydrates: 25.86g (9.4%), Sugar: 4.84g (5.38%), Cholesterol: 60.87mg (20.29%), Sodium: 353.01mg (15.35%), Alcohol: 2.47g (100%), Alcohol %: 1.29% (100%), Protein: 9.59g (19.17%), Manganese: 0.71mg (35.71%), Selenium: 22.77µg (32.53%), Vitamin B3: 5.38mg (26.91%), Vitamin K: 27µg (25.71%), Vitamin B2: 0.37mg (21.7%), Vitamin B5: 1.92mg (19.2%), Copper: 0.37mg (18.29%), Vitamin B1: 0.26mg (17.22%), Phosphorus: 166.23mg (16.62%), Folate: 64.24µg (16.06%), Fiber: 3.47g (13.89%), Iron: 2.4mg (13.32%), Vitamin B6: 0.26mg (12.91%), Potassium: 372.52mg (10.64%), Magnesium: 38.06mg (9.52%), Zinc: 1.41mg (9.37%), Calcium: 82.84mg (8.28%), Vitamin A: 368.84IU (7.38%), Vitamin C: 4.03mg (4.88%), Vitamin E: 0.63mg (4.2%), Vitamin D: 0.48µg (3.2%), Vitamin B12: 0.18µg (2.97%)