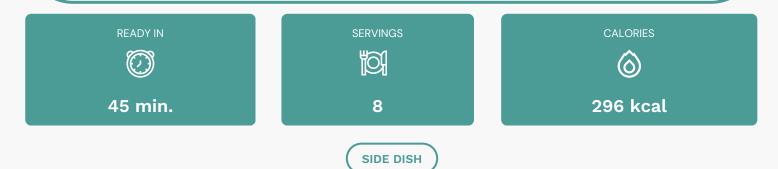


Whole Wheat Stuffing with Pancetta, Chestnuts, and Parmesan



Ingredients

- 7 honey whole steamed
- 2 large eggs
- 0.5 teaspoon rosemary leaves fresh minced
- 1 teaspoon thyme sprigs fresh minced
- 3 cups chicken broth
- 2 tablespoons olive oil extra virgin extra-virgin ()
- 1 cup parmesan cheese finely grated
 - 1 pound bread whole wheat with crust) into 1/2- to 3/4-inch cubes (10 cups)

Equipment

bowl
frying pan
baking sheet
oven
whisk
aluminum foil
slotted spoon
glass baking pan

Directions

Position rack in center of oven andpreheat to 375°F. Toss bread cubes and2 tablespoons oil in large bowl.
Spread insingle layer on large rimmed baking sheet.
Sprinkle with salt and freshly ground blackpepper.
Bake until bread cubes are goldenand slightly crunchy, stirring occasionally,about 15 minutes. Cool slightly, then returnbread cubes to same large bowl.
Sauté pancetta in heavy large skilletover medium heat until crisp, adding oil ifdry, about 6 minutes. Tilting skillet to allowpan drippings to accumulate at 1 end andusing slotted spoon, transfer pancetta tobowl with bread cubes.
Add chestnuts andshallots to drippings in skillet; sauté untilbeginning to brown, about 6 minutes.
Addthyme and rosemary; stir 1 minute.
Transfermixture to bowl with bread. DO AHEAD: Canbe made 1 day ahead. Cover; chill.
Preheat oven to 375°F. Generouslybutter 13x9x2-inch glass baking dish.Boil 3 cups broth in medium saucepanuntil reduced to 1 1/2 cups, 6 to 8 minutes.
Whisk eggs in another large bowl.
Mix incheese. Gradually whisk in broth.



Sprinkle with black pepper and stir well.

Transfer stuffing to prepared bakingdish. Cover dish with foil and bake 25minutes.

Remove foil and bake uncovereduntil top is golden brown and slightly crisparound edges, about 20 minutes longer.

* Peeled cooked chestnuts; sold at somesupermarkets and at specialty foods stores.

Bon Appétit

Nutrition Facts

PROTEIN 19.93% 📕 FAT 32.69% 📒 CARBS 47.38%

Properties

Glycemic Index:24.84, Glycemic Load:17.63, Inflammation Score:-6, Nutrition Score:15.131739160289%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg

Nutrients (% of daily need)

Calories: 295.58kcal (14.78%), Fat: 10.86g (16.71%), Saturated Fat: 3.41g (21.31%), Carbohydrates: 35.42g (11.81%), Net Carbohydrates: 31.03g (11.28%), Sugar: 5g (5.55%), Cholesterol: 57.38mg (19.13%), Sodium: 521.99mg (22.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.89g (29.78%), Manganese: 1.34mg (67%), Selenium: 23.2µg (33.14%), Phosphorus: 271.56mg (27.16%), Calcium: 226.87mg (22.69%), Vitamin B3: 3.89mg (19.44%), Fiber: 4.38g (17.54%), Vitamin B1: 0.26mg (17.23%), Magnesium: 59.24mg (14.81%), Vitamin B6: 0.29mg (14.57%), Vitamin B2: 0.23mg (13.48%), Iron: 2.4mg (13.33%), Zinc: 1.95mg (12.99%), Copper: 0.25mg (12.27%), Potassium: 394.06mg (11.26%), Folate: 44.88µg (11.22%), Vitamin B5: 0.74mg (7.43%), Vitamin C: 5.72mg (6.94%), Vitamin E: 1.02mg (6.78%), Vitamin K: 7.02µg (6.68%), Vitamin B12: 0.37µg (6.14%), Vitamin A: 192.48IU (3.85%), Vitamin D: 0.31µg (2.08%)