



Whole Wheat Stuffing with Pancetta, Chestnuts, and Parmesan

READY IN



45 min.

SERVINGS



8

CALORIES



296 kcal

SIDE DISH

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)

- 1 cup shallots chopped (4 large)

Equipment

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

Directions

- Position rack in center of oven and preheat to 375°F. Toss bread cubes and 2 tablespoons oil in large bowl.
- Spread in single layer on large rimmed baking sheet.
- Sprinkle with salt and freshly ground black pepper.
- Bake until bread cubes are golden and slightly crunchy, stirring occasionally, about 15 minutes. Cool slightly, then return bread cubes to same large bowl.
- Sauté pancetta in heavy large skillet over medium heat until crisp, adding oil if dry, about 6 minutes. Tilting skillet to allow pan drippings to accumulate at 1 end and using slotted spoon, transfer pancetta to bowl with bread cubes.
- Add chestnuts and shallots to drippings in skillet; sauté until beginning to brown, about 6 minutes.
- Add thyme and rosemary; stir 1 minute.
- Transfer mixture to bowl with bread. DO AHEAD: Can be made 1 day ahead. Cover; chill.
- Preheat oven to 375°F. Generously butter 13x9x2-inch glass baking dish. Boil 3 cups broth in medium saucepan until reduced to 1 1/2 cups, 6 to 8 minutes.
- Whisk eggs in another large bowl.
- Mix in cheese. Gradually whisk in broth.

- Pourbroth mixture over chestnut–bread mixture.
- 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, 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: 0g (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%)