

# Sourdough-Caraway Stuffing

*Kob's Stores*  
*Food Network Magazine*

## Servings: 14

*1 1/2 sticks (12 tablespoons)  
unsalted butter*  
*2 pounds (18 to 20 cups) sourdough  
bread, cut into one-inch cubes*  
*2 cups prunes, chopped*  
*3 tablespoons fresh sage, chopped*  
*2 tablespoons caraway seeds*  
*6 stalks (2 cups) celery, chopped*  
*2 medium (3 cups) onions, chopped*  
*Kosher salt*  
*freshly ground black pepper*  
*4 cups low-sodium chicken broth*  
*3 large eggs, lightly beaten*

## Preparation Time: 45 minutes

Preheat the oven to 350 degrees. Using additional butter, grease an eighteen-inch casserole dish.

Divide the bread between two rimmed baking sheets. Bake until almost dry and crisp, about 25 minutes. Let cool.

In a large, high-sided skillet over medium-high heat, melt one stick of butter. Add the prunes, sage, caraway, celery, onions, one tablespoon of salt and some pepper. Cook, stirring occasionally, until the mixture has softened and is beginning to brown, about 6 minutes.

Stir in the chicken broth. Bring to a simmer. Transfer to a large bowl. Add the bread cubes. Toss until well combined. Mix in the eggs. Transfer to the prepared baking dish. (The stuffing can be prepared to this point and refrigerated, covered, up to one day ahead.)

Melt the remaining four tablespoons of butter. Drizzle it over the stuffing. Cover with foil. Bake for 20 minutes. Uncover and continue to bake until the top is golden brown, about 20 minutes more.

Start to Finish Time: 2 hours

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Per Serving (excluding unknown items): 191 Calories; 12g Fat (51.0% calories from fat); 6g Protein; 20g Carbohydrate; 3g Dietary Fiber; 72mg Cholesterol; 66mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 Fruit; 2 Fat.

Side Dishes

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	191	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	51.0%	<b>Vitamin B12 (mcg):</b>	.3mcg
<b>% Calories from Carbohydrates:</b>	37.6%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	11.3%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	12g	<b>Folacin (mcg):</b>	18mcg
<b>Saturated Fat (g):</b>	7g	<b>Niacin (mg):</b>	2mg
<b>Monounsaturated Fat (g):</b>	3g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	72mg	<b>% Refuse:</b>	0%
<b>Carbohydrate (g):</b>	20g		
<b>Dietary Fiber (g):</b>	3g		
<b>Protein (g):</b>	6g		
<b>Sodium (mg):</b>	66mg		
<b>Potassium (mg):</b>	331mg		
<b>Calcium (mg):</b>	46mg		
<b>Iron (mg):</b>	1mg		
<b>Zinc (mg):</b>	1mg		
<b>Vitamin C (mg):</b>	3mg		
<b>Vitamin A (i.u.):</b>	933IU		
<b>Vitamin A (r.e.):</b>	157 1/2RE		

## Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	1/2
<b>Vegetable:</b>	1/2
<b>Fruit:</b>	1
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 14

### Amount Per Serving

**Calories** 191 **Calories from Fat:** 97

### % Daily Values\*

<b>Total Fat</b> 12g	19%
Saturated Fat 7g	33%
<b>Cholesterol</b> 72mg	24%
<b>Sodium</b> 66mg	3%
<b>Total Carbohydrates</b> 20g	7%
Dietary Fiber 3g	11%
<b>Protein</b> 6g	
<b>Vitamin A</b>	19%
<b>Vitamin C</b>	5%
<b>Calcium</b>	5%
<b>Iron</b>	8%

\* Percent Daily Values are based on a 2000 calorie diet.