



2 in 1 Gravy and Sausage-Stuffed Stuffing

 Dairy Free

READY IN



50 min.

SERVINGS



10

CALORIES



286 kcal

SIDE DISH

Ingredients

- 2 cups canola oil
- 3 cups chicken stock see
- 1 cup flour all-purpose divided
- 1 tablespoon parsley leaves plus more for garnish chopped
- 8 ounce pack spicy sausage (recommended: Bob Evans)
- 2 tablespoons scallions chopped
- 6 ounce chicken bread stuffing mix flavored (made according to package instructions)
- 1 tablespoon thyme leaves chopped

Equipment

- bowl
- frying pan
- paper towels
- sauce pan

Directions

- Watch how to make this recipe.
- Heat a large skillet over medium heat and drop dime-sized dollops of sausage into the pan. Cook until golden brown, approximately 12 to 15 minutes.
- Remove from the pan to a plate and set aside.
- After removing sausage add a 1/4 cup of canola oil to the pan and stir in 1/2 cup of flour. Stir to create a roux, and cook for approximately 3 to 4 minutes. Slowly add the chicken stock, stirring while you pour and let simmer, stirring frequently, until it thickens, approximately 6 to 8 minutes.
- In a separate saucepan heat 2 cups of canola oil on medium-high heat until it reaches 350 degrees F.
- In a large bowl combine the stuffing, parsley, thyme, and scallions and mix together. Take quarter-sized or 1 tablespoon of stuffing mix and wrap it around the individual sausage balls. Cover the sausage completely and set aside
- Once all of the sausage balls have been coated in stuffing, dredge them in the remaining 1/2 cup of flour. When all the balls are lightly coated in flour, carefully drop them into the hot oil and fry until golden brown, about 2 to 3 minutes.
- Remove them from the oil, to a paper towel lined plate to drain. Once all of the balls have been fried and drained turn off the heat to the gravy and add the fried sausage stuffing balls. Stir gently to coat the balls with the gravy and transfer to a serving bowl or platter.
- Garnish with chopped parsley and serve.

Nutrition Facts

 PROTEIN 11.92%  FAT 52.43%  CARBS 35.65%

Properties

Glycemic Index:21.2, Glycemic Load:6.96, Inflammation Score:-7, Nutrition Score:8.274347771769%

Flavonoids

Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 286.46kcal (14.32%), Fat: 16.56g (25.48%), Saturated Fat: 3.05g (19.08%), Carbohydrates: 25.33g (8.44%), Net Carbohydrates: 24.3g (8.84%), Sugar: 2.61g (2.9%), Cholesterol: 18.66mg (6.22%), Sodium: 486.92mg (21.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.47g (16.94%), Selenium: 13.99µg (19.99%), Vitamin B3: 3.95mg (19.74%), Vitamin B1: 0.29mg (19.23%), Vitamin K: 15.89µg (15.14%), Folate: 56.97µg (14.24%), Vitamin B2: 0.22mg (13.18%), Vitamin E: 1.71mg (11.43%), Manganese: 0.2mg (10.1%), Iron: 1.8mg (9.98%), Phosphorus: 88.96mg (8.9%), Vitamin B6: 0.15mg (7.41%), Copper: 0.12mg (5.89%), Zinc: 0.86mg (5.74%), Potassium: 196.86mg (5.62%), Magnesium: 17.17mg (4.29%), Fiber: 1.02g (4.1%), Vitamin B12: 0.2µg (3.27%), Vitamin B5: 0.28mg (2.8%), Calcium: 26.83mg (2.68%), Vitamin C: 2.18mg (2.64%), Vitamin D: 0.29µg (1.97%), Vitamin A: 98.43IU (1.97%)