



Andouille Dressing

READY IN



45 min.

SERVINGS



12

CALORIES



366 kcal

SIDE DISH

Ingredients

- ☐ 1 pound andouille sausage diced cajun-style cooked
- ☐ 0.5 cup butter
- ☐ 2 cups celery diced
- ☐ 4 cups chicken broth
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 garlic cloves minced
- ☐ 2 cups bell pepper diced green
- ☐ 3 cups onion diced
- ☐ 0.5 teaspoon pepper

- ☐ 2 teaspoons rubbed sage
- ☐ 0.5 teaspoon salt
- ☐ 16 ounce cornbread stuffing mix

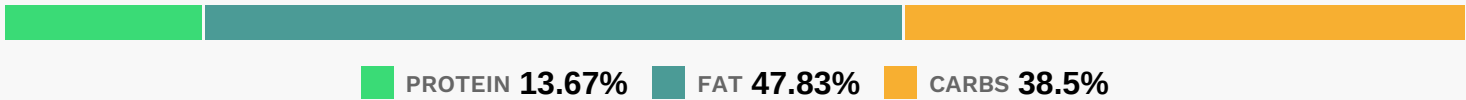
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add sausage; cook 4 minutes or until browned.
- ☐ Transfer sausage to a large bowl, reserving drippings in skillet.
- ☐ Add onion and next 7 ingredients to skillet; cook 8 minutes or until tender, stirring occasionally.
- ☐ Add vegetables and stuffing mix to sausage.
- ☐ Add broth, stirring just until moistened.
- ☐ Spoon dressing into a greased 15" x 10" roasting pan.
- ☐ Bake, covered, at 350 for 30 minutes. Uncover and bake 20 more minutes.

Nutrition Facts



Properties

Glycemic Index:15.08, Glycemic Load:1.03, Inflammation Score:-7, Nutrition Score:13.341739105142%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.02mg, Myricetin:

0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg

Nutrients (% of daily need)

Calories: 365.83kcal (18.29%), Fat: 19.53g (30.04%), Saturated Fat: 8.57g (53.58%), Carbohydrates: 35.36g (11.79%), Net Carbohydrates: 32.71g (11.89%), Sugar: 6.41g (7.12%), Cholesterol: 54.79mg (18.26%), Sodium: 1303.06mg (56.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.55g (25.1%), Selenium: 26.72µg (38.18%), Vitamin C: 23.65mg (28.67%), Vitamin B1: 0.38mg (25.11%), Vitamin B3: 4.9mg (24.49%), Folate: 80.61µg (20.15%), Manganese: 0.39mg (19.4%), Vitamin B2: 0.3mg (17.48%), Phosphorus: 136.71mg (13.67%), Vitamin B6: 0.25mg (12.74%), Iron: 2.28mg (12.65%), Potassium: 388.24mg (11.09%), Fiber: 2.65g (10.6%), Zinc: 1.48mg (9.84%), Vitamin K: 9.87µg (9.4%), Vitamin A: 427.1IU (8.54%), Copper: 0.17mg (8.5%), Magnesium: 31mg (7.75%), Vitamin B12: 0.41µg (6.83%), Calcium: 67.07mg (6.71%), Vitamin E: 0.89mg (5.92%), Vitamin B5: 0.56mg (5.61%), Vitamin D: 0.53µg (3.53%)