



WHATSheATE



Apple and Sausage Stuffing

READY IN



85 min.

SERVINGS



8

CALORIES



918 kcal

SIDE DISH

Ingredients

- ☐ 2 apples firm cored peeled chopped
- ☐ 2 rib celery stalks diced
- ☐ 1 large eggs beaten
- ☐ 8 cups bread french cubed
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 3 tablespoons sage fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1.3 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil extra virgin extra-virgin

- ☐ 1 large onion diced
- ☐ 8 servings salt and pepper
- ☐ 1 pound ground sausage italian
- ☐ 1 tablespoon butter unsalted at room temperature

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ casserole dish
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 350F. Grease a 13-by-9-inch casserole dish; lightly coat one side of a large piece of foil with butter. In a large skillet over medium-high heat, warm oil.
- ☐ Add sausage and cook, stirring and breaking up into small pieces with a wooden spoon, until no longer pink, about 8 minutes. Use a slotted spoon to remove sausage to a large bowl; reserve fat in skillet.
- ☐ Add onion and celery to skillet and cook 5 minutes, stirring.
- ☐ Add garlic, apples, sage and parsley and cook 5 minutes longer, stirring often.
- ☐ Remove from heat and add mixture to sausage.
- ☐ Add bread cubes to sausage mixture, toss until well combined. Season with salt and pepper and toss again. Gently stir in chicken broth, then egg. Spoon mixture into casserole dish, cover with buttered foil and bake for 40 minutes.
- ☐ Remove foil and bake about 20 minutes longer, until stuffing is crisp and golden on top.
- ☐ Serve warm.

Nutrition Facts



 PROTEIN **15.48%**  FAT **27.05%**  CARBS **57.47%**

Properties

Glycemic Index:32.69, Glycemic Load:96.88, Inflammation Score:-8, Nutrition Score:37.794782866602%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 918.32kcal (45.92%), Fat: 27.69g (42.6%), Saturated Fat: 9.13g (57.06%), Carbohydrates: 132.35g (44.12%), Net Carbohydrates: 125.53g (45.65%), Sugar: 16.54g (18.38%), Cholesterol: 70.1mg (23.37%), Sodium: 2054.61mg (89.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.65g (71.31%), Copper: 7.27mg (363.59%), Vitamin B1: 2.03mg (135.29%), Selenium: 83.86µg (119.81%), Manganese: 1.55mg (77.63%), Folate: 304.33µg (76.08%), Vitamin B3: 13.83mg (69.16%), Vitamin B2: 1.17mg (68.64%), Iron: 10.51mg (58.38%), Phosphorus: 365.56mg (36.56%), Fiber: 6.81g (27.25%), Zinc: 3.7mg (24.68%), Vitamin B6: 0.49mg (24.44%), Magnesium: 93.25mg (23.31%), Calcium: 162.7mg (16.27%), Potassium: 553.15mg (15.8%), Vitamin B5: 1.24mg (12.35%), Vitamin K: 12.21µg (11.63%), Vitamin B12: 0.61µg (10.19%), Vitamin C: 5.52mg (6.69%), Vitamin E: 0.95mg (6.3%), Vitamin A: 145.74IU (2.91%), Vitamin D: 0.15µg (1.01%)