



Apple, Sausage, and Parsnip Stuffing with Fresh Sage

READY IN



45 min.

SERVINGS



12

CALORIES



801 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup butter divided ()
- ☐ 2 cups celery chopped
- ☐ 0.8 cup sage fresh packed
- ☐ 3 pounds apples i use 2 granny smith apples cored cubed peeled
- ☐ 1.5 pounds ground sausage italian hot
- ☐ 1.5 pounds ground sausage sweet italian
- ☐ 0.5 cup chicken broth
- ☐ 6 cups onion chopped

- ☐ 2 pounds parsnips cubed peeled
- ☐ 1.5 pound sourdough bread with crust, cubed sliced

Equipment

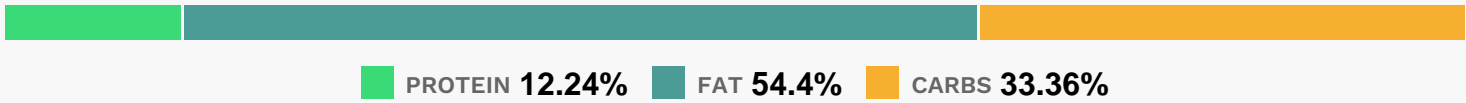
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 325°F.
- ☐ Bake bread cubes on 2 large rimmed baking sheets until lightly toasted, about 20 minutes.
- ☐ Sauté sausages in very large skillet over medium-high heat until cooked through, breaking into pieces with spoon, about 15 minutes. Using slotted spoon, transfer to large bowl; add bread.
- ☐ Add onions and celery to same skillet and sauté until golden brown, about 10 minutes; transfer to bowl with bread. Melt 1/4 cup butter in same skillet over medium-high heat.
- ☐ Add apples and sauté until tender, about 8 minutes; mix apples into stuffing. Melt 1/4 cup butter in same skillet over medium-high heat.
- ☐ Add parsnips and sauté until golden, about 10 minutes; mix into stuffing. Melt 1/4 cup butter in same skillet.
- ☐ Add sage and sauté until dark green, about 2 minutes.
- ☐ Mix sage and butter into stuffing. Season with salt and pepper.
- ☐ Butter 15x10x2-inch glass baking dish. Stuff turkey.
- ☐ Transfer remaining stuffing to prepared dish; drizzle with 1/2 cup chicken broth. Cover with foil. (Can be prepared 4 hours ahead. Cover and refrigerate.)
- ☐ Preheat oven to 350°F.

Bake stuffing covered until heated through, about 1 hour. Uncover and bake until beginning to brown, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:27.46, Glycemic Load:33.9, Inflammation Score:-8, Nutrition Score:31.268260955811%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 21.6mg, Quercetin: 21.6mg, Quercetin: 21.6mg, Quercetin: 21.6mg

Nutrients (% of daily need)

Calories: 801.08kcal (40.05%), Fat: 49.03g (75.44%), Saturated Fat: 20.52g (128.27%), Carbohydrates: 67.65g (22.55%), Net Carbohydrates: 58.29g (21.2%), Sugar: 21.68g (24.09%), Cholesterol: 116.69mg (38.9%), Sodium: 1289.84mg (56.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.83g (49.66%), Copper: 2.8mg (140.02%), Vitamin B1: 1.18mg (78.5%), Selenium: 46.31µg (66.16%), Manganese: 1.03mg (51.36%), Folate: 154.55µg (38.64%), Fiber: 9.36g (37.44%), Vitamin B3: 7.34mg (36.69%), Vitamin C: 26.78mg (32.46%), Phosphorus: 320.6mg (32.06%), Vitamin B2: 0.54mg (31.76%), Vitamin B6: 0.63mg (31.26%), Potassium: 933.95mg (26.68%), Vitamin K: 26.15µg (24.9%), Iron: 4.45mg (24.74%), Zinc: 3.31mg (22.04%), Magnesium: 73.23mg (18.31%), Vitamin B12: 1.07µg (17.76%), Vitamin B5: 1.45mg (14.46%), Vitamin E: 1.84mg (12.27%), Calcium: 118.17mg (11.82%), Vitamin A: 492.96IU (9.86%)