



## Apple, Sausage, and Walnut Dressing

 Dairy Free

READY IN



35 min.

SERVINGS



10

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup celery chopped
- 1 tablespoon parsley fresh chopped
- 2 tablespoons sage fresh chopped
- 1 tablespoon thyme sprigs fresh
- 2 large garlic clove minced
- 1.5 cups apples i use 2 granny smith apples peeled chopped ( 2 apples)
- 1 pound sausage meat (casings removed)
- 2.5 cups chicken broth low-sodium

- 0.5 teaspoon pepper freshly ground
- 0.5 cup raisins
- 1 teaspoon salt
- 1 cup walnut pieces chopped
- 12 cups sandwich bread white cubed ( 15 slices)
- 1 cup onion diced yellow

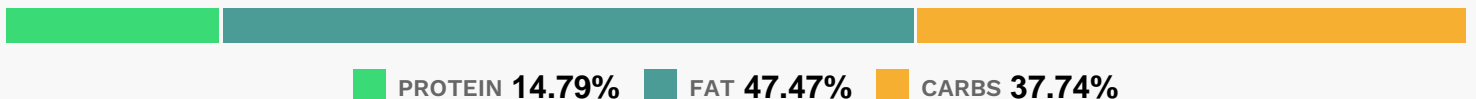
## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 37
- Brown sausage in a large saut pan over medium heat, stirring until it crumbles and is no longer pink. (Do not drain.)
- Add onion, celery, and garlic; saut 5 minutes.
- Add apple, and saut 3 minutes or until apple begins to soften; transfer to a large bowl, and let cool 10 minutes.
- Add remaining ingredients to sausage mixture, stirring until well blended. Spoon into a well-greased 13- x 9-inch baking pan.
- Bake at 375 for 40 minutes or until top is crusty and brown.

## Nutrition Facts



## Properties

Glycemic Index:41.16, Glycemic Load:23.32, Inflammation Score:-8, Nutrition Score:18.409999971804%

## Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 1.17mg, Apigenin: 1.17mg, Apigenin: 1.17mg, Apigenin: 1.17mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg

## Nutrients (% of daily need)

Calories: 412.41kcal (20.62%), Fat: 22.14g (34.06%), Saturated Fat: 5.32g (33.28%), Carbohydrates: 39.61g (13.2%), Net Carbohydrates: 35.98g (13.08%), Sugar: 6.04g (6.71%), Cholesterol: 32.66mg (10.89%), Sodium: 807.95mg (35.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.52g (31.04%), Copper: 4mg (199.75%), Manganese: 0.93mg (46.69%), Vitamin B1: 0.46mg (30.98%), Vitamin B3: 5.82mg (29.08%), Folate: 80.27µg (20.07%), Phosphorus: 197.49mg (19.75%), Selenium: 13.36µg (19.08%), Iron: 3.35mg (18.61%), Vitamin B6: 0.32mg (15.79%), Calcium: 155.65mg (15.56%), Vitamin B2: 0.25mg (14.96%), Fiber: 3.64g (14.55%), Zinc: 1.99mg (13.26%), Magnesium: 49.52mg (12.38%), Potassium: 422.88mg (12.08%), Vitamin K: 10.77µg (10.26%), Vitamin B12: 0.44µg (7.41%), Vitamin B5: 0.73mg (7.29%), Vitamin C: 5.06mg (6.13%), Vitamin D: 0.59µg (3.93%), Vitamin A: 160.25IU (3.2%), Vitamin E: 0.36mg (2.37%)