



WHATSheATE



Apple-Sausage Stuffing



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



403 kcal

SIDE DISH

Ingredients

- ☐ 20 ounce parmesan garlic bread frozen thawed cut into 1/2-inch cubes (such as Pepperidge Farm)
- ☐ 1 cup chicken broth
- ☐ 2 teaspoons sage dried
- ☐ 7 ounce fruit mixed dried diced
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 pound sausage sweet italian
- ☐ 2 tablespoons sage or fresh chopped
- ☐ 4 medium size tart apples -unpeeled diced red cored (such as Rome or Empire)

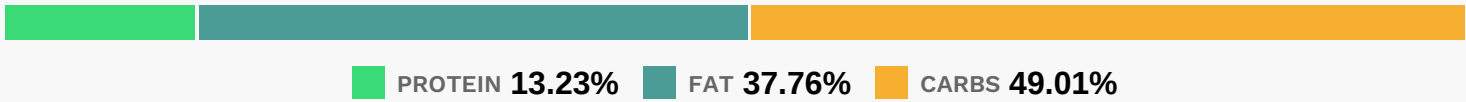
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook the sausage in a large skillet over medium heat, breaking up the meat as it cooks. When it's brown, add the apples and cook, stirring occasionally, until the apples are tender, about 5 minutes. Stir in the dried fruit, sage, and nutmeg. Fold in the bread and add the broth.
- ☐ Lightly butter a 3-quart baking dish or casserole. Spoon in the stuffing. (The stuffing can be made to this point up to 1 day ahead. Cover and refrigerate.)
- ☐ Place the stuffing in the oven while the turkey is cooking (or in a preheated 350F oven) and bake 40 to 45 minutes or until the top is golden and toasted.
- ☐ Timesavers: Prediced dried fruit doesn't need chopping. Using prepared garlic bread means one herb fewer to chop and no garlic to mince. Cooking the stuffing separately saves you anxiety over those food-safety warnings about stuffing a raw bird.

Nutrition Facts



Properties

Glycemic Index:21.97, Glycemic Load:20.56, Inflammation Score:-4, Nutrition Score:18.562173724174%

Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.48mg, Epicatechin: 5.48mg, Epicatechin: 5.48mg, Epicatechin: 5.48mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 403.31kcal (20.17%), Fat: 17.23g (26.51%), Saturated Fat: 5.62g (35.13%), Carbohydrates: 50.32g (16.77%), Net Carbohydrates: 44.25g (16.09%), Sugar: 20.46g (22.73%), Cholesterol: 34.94mg (11.65%), Sodium: 689.74mg (29.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.58g (27.17%), Copper: 3.84mg (191.95%), Manganese: 0.96mg (48.13%), Selenium: 27.79µg (39.71%), Vitamin B1: 0.53mg (35.26%), Vitamin B3: 4.89mg (24.43%), Fiber: 6.07g (24.3%), Iron: 3.23mg (17.92%), Phosphorus: 160.47mg (16.05%), Vitamin B2: 0.27mg (15.87%), Folate: 55.92µg (13.98%), Vitamin B6: 0.25mg (12.53%), Calcium: 124.88mg (12.49%), Magnesium: 49.28mg (12.32%), Potassium: 417.45mg (11.93%), Zinc: 1.6mg (10.69%), Vitamin B5: 0.83mg (8.29%), Vitamin K: 7.82µg (7.45%), Vitamin B12: 0.42µg (6.96%), Vitamin C: 4.62mg (5.6%), Vitamin E: 0.32mg (2.14%)