



## Apple, Turnip and Sage Dressing

READY IN



110 min.

SERVINGS



8

CALORIES



440 kcal

SIDE DISH

### Ingredients

- 8 stalks celery dried washed trimmed cut into 1/ half moons
- 1 cup chicken stock see low-sodium cooled boiled
- 10 sage leaves fresh stemmed cut into thin strips
- 4 medium granny smith apples cored peeled cut into 8 to 10 even wedges
- 2 teaspoons granulated sugar
- 1 teaspoon ground allspice
- 8 servings kosher salt and pepper white freshly ground
- 1 pound loose pork breakfast sausage cooked
- 1 teaspoon rosemary dry

- 4 medium turnips peeled cut into 1/ cubes
- 8 slices sandwich bread white
- 3 medium onions yellow peeled halved cut into thin slices
- 8 tablespoons to unsalted

## Equipment

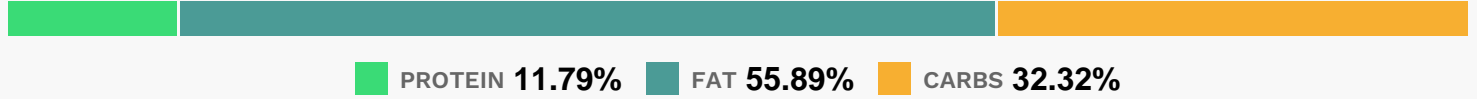
- bowl
- frying pan
- baking sheet
- oven
- baking pan
- toaster

## Directions

- Preheat the oven to 400 degrees F.
- In a large skillet, melt 1/4 stick (2 tablespoons) of the butter.
- Add the apple wedges and onions. Season with the sugar and salt and pepper to taste. Cook over medium heat until the apples and onions become slightly tender and yielding but still hold their shape, 5 to 8 minutes. Stir in the celery and cook to soften it slightly, about 2 additional minutes.
- Remove the skillet from the heat and transfer the contents to a bowl. Set aside.
- Arrange the bread slices in a single layer on a baking sheet and toast until light brown. Alternatively, brown them in a toaster. While the bread is still hot, lightly butter both sides of each piece.
- Cut into 1-inch squares and transfer them to a large bowl. Toss with the rosemary, sage and some salt and pepper.
- Mix to blend. Set aside.
- Heat a large skillet and add 1 tablespoon of the butter. When it melts, stir in the turnip cubes and sprinkle with the allspice. Season with salt and cook over medium heat until tender, 3 to 5 minutes.

- Combine the apple, onion and celery mixture with the cooked breakfast sausage and turnips in the bowl containing the toasted bread.
- Mix to blend, and add the chicken stock to moisten all of the ingredients.
- Place into a rectangular baking dish and bake until golden and cooked through, 45 to 50 minutes.

## Nutrition Facts



### Properties

Glycemic Index:48.73, Glycemic Load:15.72, Inflammation Score:-6, Nutrition Score:13.338260940883%

### Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg

### Nutrients (% of daily need)

Calories: 439.6kcal (21.98%), Fat: 27.82g (42.8%), Saturated Fat: 12.51g (78.21%), Carbohydrates: 36.2g (12.07%), Net Carbohydrates: 30.77g (11.19%), Sugar: 16.27g (18.08%), Cholesterol: 70.92mg (23.64%), Sodium: 548.34mg (23.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.2g (26.4%), Vitamin C: 21.84mg (26.47%), Vitamin B3: 4.7mg (23.5%), Vitamin B1: 0.35mg (23.17%), Fiber: 5.42g (21.69%), Manganese: 0.42mg (20.84%), Copper: 0.36mg (17.87%), Vitamin B6: 0.35mg (17.45%), Phosphorus: 163.3mg (16.33%), Potassium: 521mg (14.89%), Iron: 2.3mg (12.81%), Folate: 49.85µg (12.46%), Zinc: 1.82mg (12.12%), Vitamin B2: 0.2mg (11.99%), Calcium: 108.97mg (10.9%), Selenium: 6.8µg (9.72%), Vitamin A: 463.96IU (9.28%), Vitamin B12: 0.54µg (8.92%), Vitamin K: 9.33µg (8.88%), Magnesium: 34.86mg (8.71%), Vitamin B5: 0.76mg (7.58%), Vitamin D: 0.95µg (6.31%), Vitamin E: 0.73mg (4.89%)