



WHATSheATE



Artichoke, Sausage, and Parmesan Cheese Stuffing

READY IN



45 min.

SERVINGS



12

CALORIES



375 kcal

SIDE DISH

Ingredients

- ☐ 15 cups sourdough bread crustless (from two 1-pound loaves)
- ☐ 0.8 cup celery chopped
- ☐ 1 teaspoon mint leaves fresh chopped
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 8 ounce artichoke hearts frozen thawed coarsely chopped
- ☐ 2 large garlic clove minced
- ☐ 1.5 pounds ground sausage sweet italian
- ☐ 1 cup chicken broth ()

- ☐ 3 tablespoons olive oil
- ☐ 2 cups onion chopped
- ☐ 3 ounces parmesan cheese freshly grated

Equipment

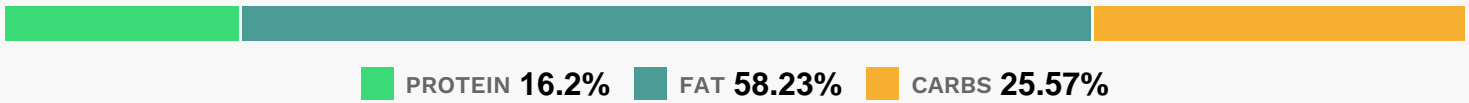
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350°F. Divide bread between 2 baking sheets.
- ☐ Bake until cubes are dry but not hard, stirring occasionally, about 15 minutes.
- ☐ Heat oil in heavy large skillet over medium-high heat.
- ☐ Add sausage and sauté until cooked through, breaking up with back of fork, about 5 minutes.
- ☐ Add onions, celery, and garlic. Sauté until celery is soft, about 10 minutes.
- ☐ Mix in artichokes, thyme, and mint; sauté 2 minutes longer.
- ☐ Transfer sausage mixture to large bowl. (Bread and sausage mixture can be made 1 day ahead. Cover separately. Store bread at room temperature. Refrigerate sausage mixture and reheat to lukewarm before continuing.)
- ☐ Add bread to sausage mixture; toss to blend well.
- ☐ Mix in cheese, then 1 cup broth. Season with salt and pepper.
- ☐ Loosely fill main cavity and neck cavity of turkey with stuffing.
- ☐ Add enough broth to remaining stuffing to moisten slightly (1/4 cup to 3/4 cup, depending on amount of remaining stuffing). Generously butter baking dish. Spoon remaining stuffing into prepared dish. Cover dish with buttered foil, buttered side down.

- ☐ Bake stuffing in dish — alongside turkey or while turkey is resting — until heated through, about 25 minutes. Uncover stuffing in dish.
- ☐ Bake until top of stuffing is slightly crisp and golden, about 15 minutes longer.
- ☐ Preheat oven to 350°F. Generously butter 13x9x2-inch glass baking dish.
- ☐ Add enough extra broth to stuffing to moisten (3/4 cup to 1 1/4 cups).
- ☐ Transfer stuffing to prepared dish. Cover with buttered foil, buttered side down.
- ☐ Bake until heated through, about 40 minutes. Uncover and bake until top is slightly crisp and golden, about 20 minutes longer.

Nutrition Facts



Properties

Glycemic Index:20.21, Glycemic Load:14.75, Inflammation Score:-6, Nutrition Score:12.473913119539%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg

Nutrients (% of daily need)

Calories: 375.12kcal (18.76%), Fat: 24.34g (37.45%), Saturated Fat: 8.23g (51.42%), Carbohydrates: 24.04g (8.01%), Net Carbohydrates: 21.92g (7.97%), Sugar: 2.87g (3.19%), Cholesterol: 49.26mg (16.42%), Sodium: 770.29mg (33.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.24g (30.47%), Vitamin B1: 0.6mg (39.88%), Selenium: 26.82µg (38.31%), Vitamin B3: 4.03mg (20.14%), Folate: 79.34µg (19.83%), Phosphorus: 189.43mg (18.94%), Vitamin B2: 0.31mg (18.5%), Manganese: 0.32mg (16.17%), Vitamin B6: 0.27mg (13.74%), Iron: 2.36mg (13.11%), Zinc: 1.83mg (12.21%), Calcium: 106.4mg (10.64%), Vitamin B12: 0.63µg (10.52%), Potassium: 320.69mg (9.16%), Fiber: 2.12g (8.48%), Magnesium: 30.94mg (7.74%), Copper: 0.14mg (6.88%), Vitamin C: 5mg (6.06%), Vitamin B5: 0.52mg (5.17%), Vitamin E: 0.64mg (4.24%), Vitamin K: 4.44µg (4.23%), Vitamin A: 135.52IU (2.71%)