



Black Olive, Mushroom, and Sausage Stuffing

READY IN



75 min.

SERVINGS



8

CALORIES



621 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce olives black drained chopped canned
- ☐ 20 slices bread
- ☐ 1 pound diestel breakfast sausage
- ☐ 0.8 cup butter
- ☐ 2 cups celery chopped
- ☐ 1 eggs beaten
- ☐ 2 cups mushrooms fresh sliced
- ☐ 2 teaspoons garlic minced
- ☐ 0.3 teaspoon ground pepper black

- ☐ 1 cup onion chopped
- ☐ 1 tablespoon poultry seasoning
- ☐ 0.3 teaspoon salt

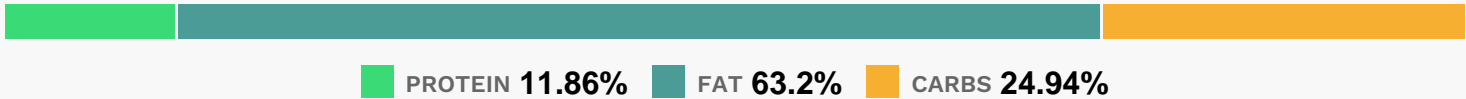
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Place the bread slices onto baking sheets in a single layer.
- ☐ Bake in the preheated oven until golden brown, then turn the bread over, and continue baking until golden brown on the other side as well, about 15 minutes.
- ☐ Remove, and allow the bread to cool. Once cool, cut into 1/2-inch cubes.
- ☐ Meanwhile, heat a large skillet over medium-high heat and stir in the sausage. Cook and stir until the sausage is crumbly no longer pink. Stir in the butter, onion, and celery; continue cooking until the onion has softened and turned translucent, about 5 minutes. Scrape the mixture into a large mixing bowl, and stir in the mushrooms, olives, garlic, poultry seasoning, salt, and pepper. Stir in half of the bread cubes until evenly blended, then stir in the beaten egg with the remaining bread cubes. Pack into the prepared baking dish.
- ☐ Bake in the preheated oven until crispy and golden brown on top, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:36.21, Glycemic Load:18.64, Inflammation Score:-7, Nutrition Score:19.366521752399%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg 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: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 621.32kcal (31.07%), Fat: 44.32g (68.18%), Saturated Fat: 17.71g (110.71%), Carbohydrates: 39.36g (13.12%), Net Carbohydrates: 33.73g (12.27%), Sugar: 6.02g (6.68%), Cholesterol: 107.04mg (35.68%), Sodium: 1760.72mg (76.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.71g (37.41%), Manganese: 0.96mg (47.84%), Vitamin B3: 7.71mg (38.55%), Selenium: 25.12µg (35.88%), Vitamin B1: 0.49mg (32.99%), Vitamin B2: 0.4mg (23.52%), Fiber: 5.63g (22.5%), Phosphorus: 219.57mg (21.96%), Iron: 3.92mg (21.77%), Folate: 82.58µg (20.64%), Vitamin E: 2.9mg (19.33%), Vitamin A: 941.69IU (18.83%), Vitamin B6: 0.36mg (18.07%), Vitamin K: 17.53µg (16.69%), Copper: 0.31mg (15.45%), Vitamin B5: 1.53mg (15.26%), Zinc: 2.29mg (15.24%), Calcium: 150.51mg (15.05%), Magnesium: 51.92mg (12.98%), Potassium: 452.78mg (12.94%), Vitamin B12: 0.58µg (9.61%), Vitamin D: 0.9µg (5.97%), Vitamin C: 3.6mg (4.36%)