



## Brown Bread Stuffing with Chestnuts, Apples, and Sausage

READY IN



45 min.

SERVINGS



8

CALORIES



432 kcal

SIDE DISH

### Ingredients

- 1 teaspoon celery seed
- 2 medium celery stalks
- 1 cup honey steamed coarsely chopped
- 0.3 cup butter unsalted plus more for coating the baking dish ( )
- 2 medium apples i use 2 granny smith apples cored peeled
- 1 pound ground sausage sweet italian
- 1 cup chicken broth low-sodium
- 1 tablespoon flat parsley italian finely chopped

- 6 slices pumpernickel bread dark ()
- 0.3 cup sage fresh
- 1 tablespoon thyme leaves finely chopped
- 6 slices bread ()
- 1 medium onion yellow

## Equipment

- frying pan
- oven
- mixing bowl
- baking pan

## Directions

- Heat the oven to 350°F. Coat a 13-by-9-inch baking dish with duck fat or butter.
- Place the diced bread in a large mixing bowl and set aside.
- Place a large frying pan over medium heat.
- Add the duck fat or butter and crumble in the sausage. Cook until the sausage is lightly browned, stirring to break it up.
- Add the onion and sage and cook, stirring often, until the onion is soft and golden, about 5 minutes.
- Add the thyme, parsley, celery, celery seed (if using), apples, and chestnuts and cook until the apples are golden, about 3 minutes.
- Add the chicken broth and bring to a simmer.
- Remove from heat and pour the mixture over the diced bread, tossing well to incorporate. Season with salt and pepper. Spoon the stuffing into the prepared dish and bake for 30 minutes.

## Nutrition Facts



**PROTEIN 12.96%** **FAT 52.95%** **CARBS 34.09%**

## Properties

Glycemic Index:46.96, Glycemic Load:17.3, Inflammation Score:-8, Nutrition Score:17.938695801341%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 1.33mg, Apigenin: 1.33mg, Apigenin: 1.33mg, Apigenin: 1.33mg Luteolin: 2.38mg, Luteolin: 2.38mg, Luteolin: 2.38mg, Luteolin: 2.38mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

## Nutrients (% of daily need)

Calories: 432.07kcal (21.6%), Fat: 25.6g (39.39%), Saturated Fat: 10.43g (65.17%), Carbohydrates: 37.08g (12.36%), Net Carbohydrates: 32.72g (11.9%), Sugar: 6.43g (7.14%), Cholesterol: 58.34mg (19.45%), Sodium: 664.58mg (28.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.09g (28.19%), Copper: 1.51mg (75.48%), Manganese: 0.96mg (48.23%), Selenium: 25.53µg (36.48%), Vitamin B1: 0.53mg (35.06%), Vitamin B3: 4.21mg (21.05%), Phosphorus: 197.07mg (19.71%), Vitamin B6: 0.35mg (17.67%), Fiber: 4.36g (17.44%), Vitamin C: 13.57mg (16.45%), Iron: 2.55mg (14.19%), Vitamin B2: 0.24mg (14.08%), Zinc: 1.95mg (13.01%), Folate: 51.77µg (12.94%), Potassium: 444.14mg (12.69%), Magnesium: 50.07mg (12.52%), Vitamin K: 11.88µg (11.31%), Vitamin B12: 0.56µg (9.29%), Calcium: 84.64mg (8.46%), Vitamin B5: 0.68mg (6.76%), Vitamin A: 295.71IU (5.91%), Vitamin E: 0.47mg (3.15%)