



Chestnut-and-Sausage Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



579 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup celery finely chopped
- ☐ 1 cup honey shelled cooked coarsely chopped 1 pound in shell
- ☐ 0.5 teaspoon rubbed sage dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1.5 cups less-sodium chicken broth fat-free
- ☐ 6 cups bread french cubed toasted 1-inch 8 slices
- ☐ 8 ounces turkey sausage sweet italian

- ☐ 0.8 cup onion finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon stick margarine
- ☐ 1 cup tomatoes diced

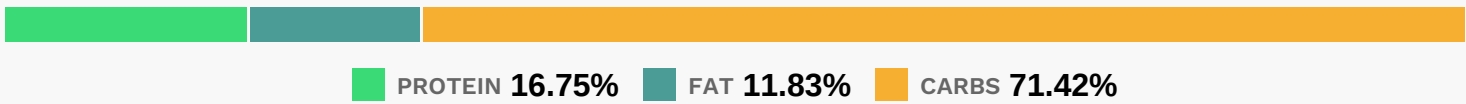
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350
- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add sausage; cook until browned, stirring to crumble.
- ☐ Add onion and celery; saut 4 minutes.
- ☐ Add tomato and the next 4 ingredients (tomato through pepper); saut 3 minutes.
- ☐ Combine the sausage mixture, bread, broth, and chestnuts in a large bowl. Spoon into an 11 x 7-inch baking dish.
- ☐ Bake at 350 for 40 minutes.

Nutrition Facts



Properties

Glycemic Index:32.94, Glycemic Load:75.79, Inflammation Score:-8, Nutrition Score:27.827826095664%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.13mg,

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 579.36kcal (28.97%), Fat: 7.64g (11.76%), Saturated Fat: 2.07g (12.92%), Carbohydrates: 103.81g (34.6%), Net Carbohydrates: 99g (36%), Sugar: 10.38g (11.54%), Cholesterol: 15.03mg (5.01%), Sodium: 1590.86mg (69.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.35g (48.7%), Vitamin B1: 1.32mg (88.31%), Selenium: 58.09µg (82.98%), Folate: 239.61µg (59.9%), Iron: 10.14mg (56.36%), Manganese: 1.08mg (53.93%), Vitamin B3: 10.18mg (50.92%), Vitamin B2: 0.83mg (48.86%), Phosphorus: 261.07mg (26.11%), Vitamin C: 19.73mg (23.91%), Vitamin B6: 0.41mg (20.27%), Copper: 0.41mg (20.25%), Fiber: 4.8g (19.21%), Magnesium: 74.33mg (18.58%), Zinc: 2.62mg (17.46%), Potassium: 447.38mg (12.78%), Calcium: 114.13mg (11.41%), Vitamin B5: 1.01mg (10.07%), Vitamin K: 6.98µg (6.64%), Vitamin A: 256.76IU (5.14%), Vitamin E: 0.52mg (3.49%), Vitamin B12: 0.21µg (3.46%)