



## Chorizo Apple Stuffing

 Dairy Free

READY IN



90 min.

SERVINGS



16

CALORIES



309 kcal

SIDE DISH

### Ingredients

- 2 large celery stalks with leaves, thinly sliced
- 1 pound chorizo sausage
- 1.5 pounds crusty bread such as pugliese cut into 1-in. cubes
- 0.5 cup flat-leaf parsley chopped
- 5 large garlic cloves minced
- 2 granny smith apples peeled thinly sliced
- 2 cups chicken broth reduced-sodium
- 16 servings olive oil (if needed)

- 1 large onion chopped
- 2 tablespoons mexican oregano dried

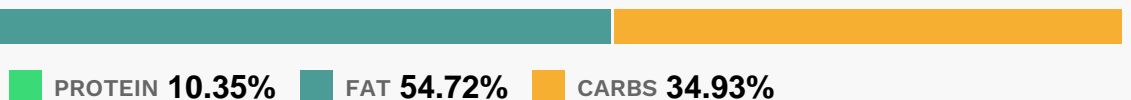
## Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil

## Directions

- Preheat oven to 35
- Cook chorizo in a 12-in. frying pan over medium-high heat until browned, stirring often and breaking meat into small chunks, about 8 minutes. Measure fat from pan; you should have 1/4 cup (if needed, add oil).
- Add celery, onion, garlic, oregano, and cayenne, if using; saut until slightly softened, about 4 minutes.
- Add apples and stir to coat.
- Transfer mixture to a very large bowl.
- Add broth to pan and stir to loosen browned bits; pour into bowl. Stir in parsley and bread. Spoon stuffing into a buttered 9- by 13-in. baking dish, mounding it.
- Bake stuffing until browned and center reaches at least 160, 50 to 60 minutes; drape with foil if it starts to get dark.
- Make ahead: Up to 1 day through step 2, covered and chilled; bake about 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:14.91, Glycemic Load:18.15, Inflammation Score:-7, Nutrition Score:9.7991303827452%

## Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 4.07mg, Apigenin: 4.07mg, Apigenin: 4.07mg, Apigenin: 4.07mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

## **Nutrients (% of daily need)**

Calories: 309.24kcal (15.46%), Fat: 19.01g (29.25%), Saturated Fat: 4.52g (28.24%), Carbohydrates: 27.31g (9.1%), Net Carbohydrates: 25.32g (9.21%), Sugar: 4.82g (5.36%), Cholesterol: 20mg (6.67%), Sodium: 267.78mg (11.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.09g (16.18%), Vitamin K: 44.06µg (41.96%), Vitamin B1: 0.31mg (20.99%), Selenium: 12.37µg (17.68%), Vitamin E: 2.28mg (15.19%), Folate: 59.31µg (14.83%), Manganese: 0.29mg (14.66%), Iron: 2.52mg (14.01%), Vitamin B3: 2.55mg (12.74%), Vitamin B2: 0.21mg (12.08%), Vitamin C: 9.7mg (11.76%), Fiber: 2g (7.98%), Vitamin A: 326.24IU (6.52%), Phosphorus: 62.29mg (6.23%), Copper: 0.1mg (4.96%), Magnesium: 18.89mg (4.72%), Calcium: 47.13mg (4.71%), Vitamin B6: 0.09mg (4.46%), Potassium: 136.62mg (3.9%), Zinc: 0.55mg (3.63%), Vitamin B5: 0.19mg (1.88%)