



Cook the Book: Sweet Potato Sausage Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup celery chopped
- ☐ 1 cup chicken broth
- ☐ 16 ounce bread stuffing mix
- ☐ 2 eggs beaten
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 pound sausage meat
- ☐ 1 large onion chopped

- ☐ 0.5 cup orange juice
- ☐ 1 teaspoon orange zest grated
- ☐ 0.3 cup parsley finely chopped
- ☐ 3 cups sweet potatoes and into cooked mashed

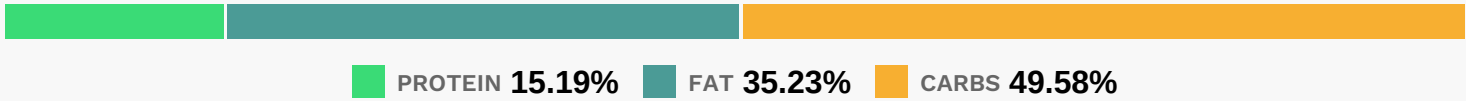
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat the oven to 350° and spray a large casserole dish with vegetable spray.
- ☐ Brown the sausage in a skillet.
- ☐ Drain. Sauté the onion, celery, and green pepper in the same skillet until tender.
- ☐ Combine the sausage, vegetables, sweet potatoes, orange peel, and parsley in a large bowl.
- ☐ Add the chicken broth, orange juice, and eggs, blending well.
- ☐ Combine with the stuffing mix.
- ☐ Transfer the stuffing mix to the prepared dish.
- ☐ Bake for 1 hour.

Nutrition Facts



Properties

Glycemic Index:7.97, Glycemic Load:1.66, Inflammation Score:-8, Nutrition Score:6.7691304113554%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg,

Naringenin: 0.09mg Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 125.27kcal (6.26%), Fat: 4.85g (7.46%), Saturated Fat: 1.56g (9.74%), Carbohydrates: 15.36g (5.12%), Net Carbohydrates: 14.29g (5.2%), Sugar: 2.5g (2.77%), Cholesterol: 22.11mg (7.37%), Sodium: 351.08mg (15.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.41%), Vitamin A: 1982.02IU (39.64%), Selenium: 8.31µg (11.87%), Vitamin B1: 0.15mg (10.21%), Vitamin K: 9.38µg (8.93%), Vitamin B3: 1.72mg (8.62%), Folate: 32.22µg (8.05%), Manganese: 0.14mg (7.09%), Vitamin C: 5.67mg (6.87%), Vitamin B2: 0.11mg (6.5%), Vitamin B6: 0.12mg (5.85%), Phosphorus: 57.46mg (5.75%), Iron: 0.94mg (5.24%), Potassium: 152.17mg (4.35%), Fiber: 1.07g (4.28%), Zinc: 0.57mg (3.82%), Copper: 0.08mg (3.81%), Magnesium: 13.57mg (3.39%), Vitamin B5: 0.34mg (3.37%), Vitamin B12: 0.16µg (2.65%), Calcium: 25.3mg (2.53%), Vitamin D: 0.26µg (1.7%), Vitamin E: 0.17mg (1.17%)