



Corn and Sausage Stuffing

 Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



41 kcal

SIDE DISH

Ingredients

- 10 oz regular corn frozen thawed drained
- 0.5 lb pork sausage
- 6 oz stove top cornbread stuffing mix
- 1.7 cups water hot

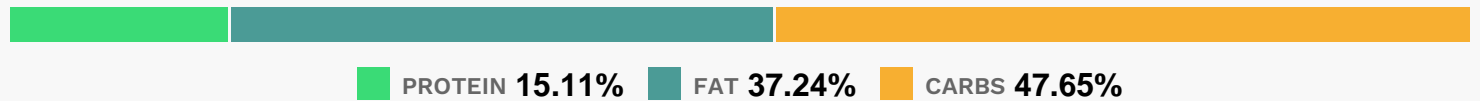
Equipment

- frying pan
- oven

Directions

- Heat oven to 350F.
- Brown sausage in skillet; drain, reserving 1/4 cup drippings.
- Mix sausage, reserved drippings, hot water and corn in 1-1/2-qt. casserole. Stir in stuffing mix just until moistened. Cover.
- Bake 30 min. or until heated through (160F).

Nutrition Facts



Properties

Glycemic Index:0.7, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.3330434836123%

Nutrients (% of daily need)

Calories: 40.6kcal (2.03%), Fat: 1.7g (2.62%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 4.91g (1.64%), Net Carbohydrates: 4.57g (1.66%), Sugar: 0.35g (0.39%), Cholesterol: 4.12mg (1.37%), Sodium: 96.65mg (4.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.11%), Vitamin B1: 0.05mg (3.22%), Vitamin B3: 0.63mg (3.15%), Selenium: 2.1µg (3%), Folate: 10.04µg (2.51%), Phosphorus: 19.82mg (1.98%), Manganese: 0.04mg (1.84%), Vitamin B6: 0.04mg (1.83%), Vitamin B2: 0.03mg (1.78%), Iron: 0.27mg (1.52%), Zinc: 0.21mg (1.42%), Fiber: 0.33g (1.34%), Potassium: 45.36mg (1.3%), Magnesium: 4.86mg (1.22%)