



Corn Bread and Sausage Stuffing

READY IN



45 min.

SERVINGS



10

CALORIES



433 kcal

SIDE DISH

Ingredients

- ☐ 2 rib celery chopped
- ☐ 2 cups chicken broth low-sodium canned
- ☐ 2 lb corn bread unsweetened homemade store-bought
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 pound turkey sausage fresh italian with flavoring, casings removed
- ☐ 2 tablespoons olive oil
- ☐ 2 onions chopped
- ☐ 10 servings salt and pepper
- ☐ 2 tablespoons butter unsalted

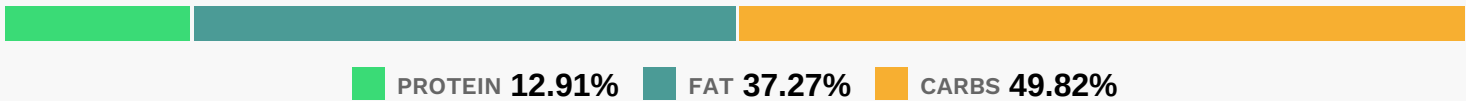
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350F; coat a 9-by-13-inch baking dish with cooking spray.
- ☐ In a large skillet over medium-high heat, warm oil and butter together until butter melts.
- ☐ Add onion and celery and cook, stirring often, until softened but not browned, about 5 minutes.
- ☐ Add turkey sausage and parsley and cook about 2 minutes longer, breaking up sausage with back of a spoon.
- ☐ Place corn bread in skillet and stir well to combine.
- ☐ Add chicken broth, then season mixture with salt and pepper and transfer to prepared baking dish. Cover tightly with foil and bake until stuffing is warmed through, about 20 minutes.
- ☐ Remove foil and bake 15 minutes longer to crisp top.

Nutrition Facts



Properties

Glycemic Index:9.1, Glycemic Load:0.47, Inflammation Score:-5, Nutrition Score:14.862173900656%

Flavonoids

Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 432.79kcal (21.64%), Fat: 18.05g (27.77%), Saturated Fat: 6.85g (42.79%), Carbohydrates: 54.27g (18.09%), Net Carbohydrates: 51.35g (18.67%), Sugar: 16.98g (18.86%), Cholesterol: 81.77mg (27.26%), Sodium: 1174.53mg (51.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.06g (28.12%), Phosphorus: 460.75mg (46.08%), Iron: 6.29mg (34.94%), Vitamin K: 29.98µg (28.56%), Selenium: 18.1µg (25.86%), Vitamin C: 17.51mg (21.22%), Vitamin B3: 4.17mg (20.87%), Vitamin B2: 0.26mg (15.29%), Folate: 60.14µg (15.03%), Vitamin B1: 0.22mg (14.41%), Calcium: 141.91mg (14.19%), Vitamin B6: 0.28mg (14.13%), Manganese: 0.26mg (13.15%), Fiber: 2.92g (11.69%), Zinc: 1.68mg (11.19%), Vitamin B5: 0.92mg (9.24%), Potassium: 292.3mg (8.35%), Vitamin A: 413.58IU (8.27%), Copper: 0.15mg (7.61%), Vitamin B12: 0.46µg (7.59%), Magnesium: 30.27mg (7.57%), Vitamin E: 0.95mg (6.31%)