



## Corn Bread Stuffing with Sausage and Prunes

READY IN



45 min.

SERVINGS



14

CALORIES



294 kcal

SIDE DISH

### Ingredients

- 0.8 teaspoon pepper black
- 2 tablespoons butter
- 0.7 cup celery chopped
- 14 servings corn bread
- 1 cup whole-kernel corn frozen thawed
- 1 teaspoon sage dried
- 1.5 teaspoons thyme leaves dried
- 2 large eggs lightly beaten
- 14.5 ounce less-sodium chicken broth fat-free divided canned

- 0.3 cup parsley fresh chopped
- 2 cups onion chopped
- 1 cup prune- cut to pieces pitted coarsely chopped
- 1 cup bell pepper red chopped
- 0.8 teaspoon salt
- 6 ounces turkey kielbasa chopped

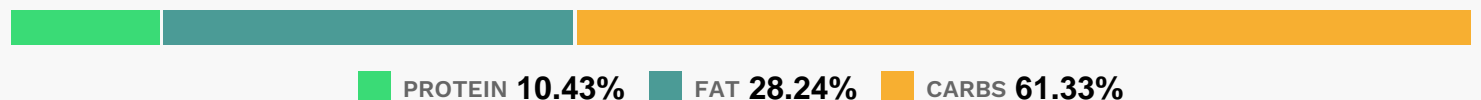
## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 400
- Cut corn bread into 1-inch cubes.
- Place in a large bowl, and set aside.
- Melt butter in a large nonstick skillet over medium heat. Stir in onion, bell pepper, and celery; cook 5 minutes, stirring frequently. Stir in 3/4 cup broth, kielbasa, and next 5 ingredients (kielbasa through black pepper). Bring to a boil; cover, reduce heat, and simmer 5 minutes.
- Remove from heat.
- Pour vegetable mixture over corn bread, stirring well. Stir in the prunes and parsley.
- Combine remaining broth and eggs; pour over corn bread mixture, tossing well. Spoon stuffing into a 13 x 9-inch baking dish coated with cooking spray.
- Cover and bake at 400 for 15 minutes. Uncover; bake an additional 15 minutes or until browned.

## Nutrition Facts



## Properties

Glycemic Index:16.71, Glycemic Load:2.7, Inflammation Score:-7, Nutrition Score:11.941304243129%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Apigenin: 2.45mg, Apigenin: 2.45mg, Apigenin: 2.45mg, Apigenin: 2.45mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg

## Nutrients (% of daily need)

Calories: 294.16kcal (14.71%), Fat: 9.44g (14.52%), Saturated Fat: 4.01g (25.07%), Carbohydrates: 46.1g (15.37%), Net Carbohydrates: 42.7g (15.53%), Sugar: 16.81g (18.68%), Cholesterol: 71.51mg (23.84%), Sodium: 802.52mg (34.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.84g (15.68%), Vitamin K: 31.6µg (30.1%), Phosphorus: 300.46mg (30.05%), Vitamin C: 20.96mg (25.41%), Iron: 2.91mg (16.14%), Selenium: 11.04µg (15.77%), Vitamin A: 758.6IU (15.17%), Folate: 55.44µg (13.86%), Fiber: 3.4g (13.6%), Manganese: 0.26mg (12.98%), Vitamin B2: 0.22mg (12.86%), Vitamin B3: 2.33mg (11.67%), Calcium: 107mg (10.7%), Vitamin B1: 0.16mg (10.48%), Vitamin B6: 0.21mg (10.37%), Potassium: 305.99mg (8.74%), Vitamin B5: 0.67mg (6.68%), Magnesium: 26.13mg (6.53%), Zinc: 0.94mg (6.3%), Copper: 0.12mg (6.16%), Vitamin B12: 0.32µg (5.27%), Vitamin E: 0.71mg (4.7%), Vitamin D: 0.17µg (1.11%)