



## Cornbread, Sausage, and Apple Stuffing

 Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



302 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 medium celery stalks
- 0.5 cup wine dry white
- 2 large eggs lightly beaten
- 2 tablespoons sage fresh finely chopped
- 3 medium apples i use 2 granny smith apples cored
- 1 pound sausage sweet italian uncooked
- 2.5 teaspoons kosher salt

- 1.5 cups chicken broth low-sodium
- 2 tablespoons butter unsalted plus more for coating the baking dish ( )
- 1 medium onion yellow

## Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan
- wooden spoon
- slotted spoon

## Directions

- Heat the oven to 375°F and arrange a rack in the middle. Coat a 13-by-9-inch baking dish with butter and set aside.
- Place the cornbread in a large bowl; set aside. Melt the measured butter in a large frying pan over medium-high heat until foaming.
- Add the sausage and cook, breaking it up into smaller pieces with a wooden spoon, until it's no longer pink and is starting to brown, about 6 minutes.
- Remove with a slotted spoon to the bowl with the cornbread and set aside. Return the pan to medium heat, add the apples, celery, onion, sage, salt, and pepper, and cook, stirring occasionally, until the onion has softened, about 10 minutes. Increase the heat to medium high, add the wine, scrape up any brown bits from the bottom of the pan, and cook until the wine is almost evaporated, about 3 to 5 minutes.
- Pour the apple mixture over the cornbread and sausage, add the broth and eggs, and stir until combined and thoroughly moistened.
- Transfer the mixture to the prepared baking dish and spread it into an even layer.
- Bake uncovered until the top is golden brown, about 30 to 35 minutes.
- Remove to a wire rack and let cool for at least 5 minutes before serving.

## Nutrition Facts

PROTEIN 14.95% FAT 68.13% CARBS 16.92%

## Properties

Glycemic Index:20.75, Glycemic Load:2.95, Inflammation Score:-3, Nutrition Score:12.701739031336%

## Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.22mg, Epicatechin: 5.22mg, Epicatechin: 5.22mg, Epicatechin: 5.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg

## Nutrients (% of daily need)

Calories: 302.15kcal (15.11%), Fat: 22.27g (34.26%), Saturated Fat: 8.73g (54.55%), Carbohydrates: 12.45g (4.15%), Net Carbohydrates: 10.42g (3.79%), Sugar: 7.95g (8.83%), Cholesterol: 97.12mg (32.37%), Sodium: 1175.47mg (51.11%), Alcohol: 1.54g (100%), Alcohol %: 0.89% (100%), Protein: 10.99g (21.98%), Copper: 4.65mg (232.57%), Selenium: 18.03µg (25.76%), Vitamin B1: 0.35mg (23.38%), Phosphorus: 134.56mg (13.46%), Manganese: 0.26mg (13.19%), Vitamin B3: 2.56mg (12.79%), Vitamin B6: 0.25mg (12.45%), Vitamin B2: 0.19mg (11.36%), Vitamin B12: 0.68µg (11.29%), Potassium: 314.15mg (8.98%), Zinc: 1.33mg (8.83%), Fiber: 2.03g (8.11%), Iron: 1.32mg (7.34%), Vitamin C: 5.32mg (6.45%), Vitamin B5: 0.55mg (5.54%), Magnesium: 19.13mg (4.78%), Calcium: 39.66mg (3.97%), Vitamin A: 197.27IU (3.95%), Folate: 15.71µg (3.93%), Vitamin E: 0.34mg (2.28%), Vitamin K: 2.4µg (2.28%), Vitamin D: 0.3µg (2.02%)