



Cornbread Sausage Stuffing

READY IN



75 min.

SERVINGS



10

CALORIES



373 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 4 stalks celery chopped
- ☐ 14.5 ounce chicken broth canned
- ☐ 1 pound sausage meat
- ☐ 1 onion chopped
- ☐ 1 teaspoon poultry seasoning
- ☐ 12 ounce cornbread stuffing mix

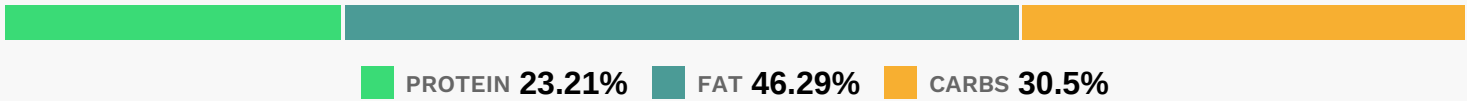
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Prepare cornbread stuffing mix according to package directions. Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place sausage in a large, deep skillet. Cook over medium-high heat until evenly brown; drain.
- ☐ In a large bowl, mix cornbread stuffing, sausage, onion, celery, butter, poultry seasoning and desired amount of chicken broth.
- ☐ Transfer mixture to a medium baking dish. Cover, and bake 30 minutes in the preheated oven, until lightly browned.

Nutrition Facts



Properties

Glycemic Index:13.7, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:11.509565260099%

Flavonoids

Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 372.58kcal (18.63%), Fat: 18.84g (28.99%), Saturated Fat: 6.66g (41.62%), Carbohydrates: 27.93g (9.31%), Net Carbohydrates: 26.37g (9.59%), Sugar: 3.5g (3.89%), Cholesterol: 59.57mg (19.86%), Sodium: 995.89mg (43.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.26g (42.52%), Selenium: 24.05µg (34.36%), Vitamin B3: 5.15mg (25.76%), Vitamin B1: 0.34mg (22.44%), Phosphorus: 180.14mg (18.01%), Folate: 66.64µg (16.66%), Zinc: 2.38mg (15.84%), Vitamin B6: 0.3mg (14.82%), Vitamin B2: 0.25mg (14.55%), Iron: 2.46mg (13.67%), Vitamin B12: 0.81µg (13.47%), Manganese: 0.25mg (12.44%), Potassium: 318.77mg (9.11%), Magnesium: 31.13mg (7.78%), Vitamin K: 8.04µg (7.66%), Copper: 0.14mg (7.15%), Fiber: 1.55g (6.22%), Calcium: 54.43mg (5.44%), Vitamin A: 254.75IU (5.1%), Vitamin B5: 0.5mg (4.96%), Vitamin D: 0.63µg (4.21%), Vitamin E: 0.46mg (3.07%), Vitamin C: 1.65mg (2%)