



Country Sausage and Sage Dressing

READY IN



45 min.

SERVINGS



10

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 medium apples cored peeled cut in large (3/4 to 1 inch) dice
- ☐ 2 bread french stale cut into 1-inch cubes (long bread)
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 5 stalks celery split peeled cut in large (3/4 to 1 inch) dice
- ☐ 2 cups chicken stock see
- ☐ 4 eggs
- ☐ 1 large onion cut in large (3/4 to 1 inch) dice (2 cups)
- ☐ 0.3 cup flat parsley italian leaves picked coarsely chopped
- ☐ 0.3 cup sage fresh leaves picked coarsely chopped

- ☐ 1 teaspoon salt
- ☐ 1 pound sausage homemade
- ☐ 6 tablespoons butter unsalted
- ☐ 1 tablespoon vegetable oil

Equipment

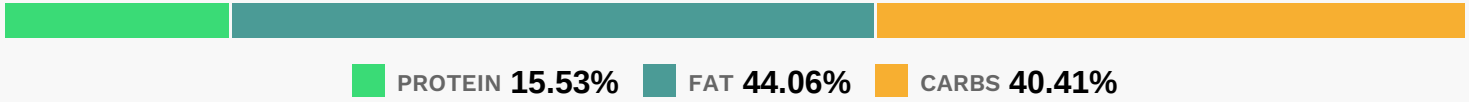
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ The bread should be completely stale. If not, spread the cubes on a baking sheet and put in a low oven (250 degrees) for about 1 hour to dry them out. (I think this light toasting gives the dressing a better flavor.)
- ☐ Heat the vegetable oil in a large skillet.
- ☐ Add the sausage meat and brown it, breaking up meat into pieces about the size of a quarter. This need not be precise.
- ☐ Transfer meat from skillet to large bowl, using a slotted spoon.
- ☐ Add onion and celery to the skillet. After 1 minute, add the apples and cook 2 more minutes.
- ☐ Place in bowl with sausage.
- ☐ Add bread cubes, parsley and sage to the bowl.
- ☐ In a separate bowl, mix the eggs and stock with the salt and pepper.
- ☐ Pour this over the sausage mixture and gently toss all the ingredients. They should combine without mashing.
- ☐ Generously butter a 16-inch baking pan (2 tablespoons).
- ☐ Spread the mixture in the pan and dot with more butter (4 tablespoons).

- ☐ Preheat oven to 350 degrees and bake for 50 minutes to 1 hour. The top should have a nice golden brown crust.
- ☐ Jasper White's Cooking from New England by Jasper White
- ☐ Biscuit Books

Nutrition Facts



Properties

Glycemic Index:26.35, Glycemic Load:33.77, Inflammation Score:-7, Nutrition Score:20.886956525886%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 3.8mg, Apigenin: 3.8mg, Apigenin: 3.8mg, Apigenin: 3.8mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 499.43kcal (24.97%), Fat: 24.54g (37.75%), Saturated Fat: 9.68g (60.49%), Carbohydrates: 50.64g (16.88%), Net Carbohydrates: 47.31g (17.2%), Sugar: 9.23g (10.25%), Cholesterol: 117.63mg (39.21%), Sodium: 1115.05mg (48.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.46g (38.92%), Copper: 1.2mg (60.16%), Vitamin B1: 0.74mg (49.12%), Selenium: 29.59µg (42.27%), Vitamin B3: 6.9mg (34.5%), Vitamin K: 35.63µg (33.93%), Vitamin B2: 0.55mg (32.25%), Folate: 123.23µg (30.81%), Manganese: 0.54mg (27.01%), Iron: 4.31mg (23.93%), Phosphorus: 209.52mg (20.95%), Vitamin B6: 0.33mg (16.68%), Zinc: 2.21mg (14.73%), Fiber: 3.33g (13.33%), Potassium: 408.04mg (11.66%), Vitamin A: 577.63IU (11.55%), Magnesium: 43.32mg (10.83%), Vitamin B5: 0.95mg (9.49%), Vitamin B12: 0.56µg (9.27%), Calcium: 77.86mg (7.79%), Vitamin D: 1.07µg (7.12%), Vitamin C: 5.81mg (7.05%), Vitamin E: 0.9mg (5.97%)