



Cracker Stuffing

READY IN



45 min.

SERVINGS



8

CALORIES



424 kcal

SIDE DISH

Ingredients

- ☐ 6 large carrots chopped
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 bulb fennel chopped
- ☐ 13.5 oz mushroom stems and pieces drained
- ☐ 1 large onion chopped
- ☐ 8 servings salt and pepper
- ☐ 16 oz saltines crumbled
- ☐ 1 pound turkey sausage
- ☐ 4 tablespoons butter unsalted

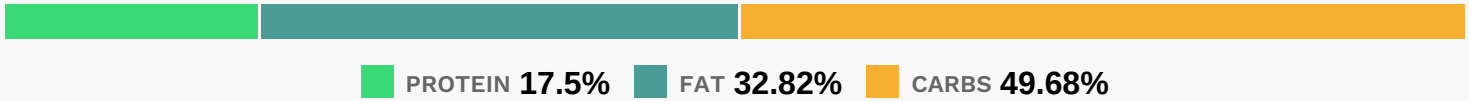
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Melt butter in a large skillet over medium-high heat.
- ☐ Add onion and salt and saute until soft, 5 minutes.
- ☐ Add sausage, break into pieces and saut until cooked through, 8 minutes.
- ☐ Add fennel, mushrooms, carrots and thyme; cook, stirring, until softened, 8 minutes (add more butter, 1 Tbsp. at a time, if needed).
- ☐ Preheat oven to 350F. Mist a 9-by-13-inch baking dish with cooking spray. Stir crackers into stuffing mixture. If mixture is dry, add mushroom liquid (or broth) to moisten.
- ☐ Spoon mixture into baking dish and bake until heated through and edges are crunchy, 35 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:18.85, Glycemic Load:3, Inflammation Score:-10, Nutrition Score:23.930000134136%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 424.48kcal (21.22%), Fat: 15.53g (23.9%), Saturated Fat: 5.72g (35.76%), Carbohydrates: 52.89g (17.63%), Net Carbohydrates: 48.06g (17.48%), Sugar: 6.19g (6.88%), Cholesterol: 57.57mg (19.19%), Sodium: 1119.97mg (48.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.63g (37.26%), Vitamin A: 9281.21IU (185.62%),

Vitamin B3: 8.73mg (43.66%), Vitamin K: 41.54µg (39.56%), Vitamin B2: 0.65mg (38.21%), Vitamin B1: 0.53mg (35.22%), Manganese: 0.67mg (33.63%), Folate: 109.05µg (27.26%), Iron: 4.56mg (25.31%), Phosphorus: 240.1mg (24.01%), Vitamin B6: 0.45mg (22.71%), Potassium: 710.36mg (20.3%), Fiber: 4.83g (19.31%), Vitamin B5: 1.81mg (18.1%), Zinc: 2.61mg (17.37%), Copper: 0.33mg (16.62%), Selenium: 10.72µg (15.31%), Vitamin B12: 0.82µg (13.65%), Vitamin C: 10.42mg (12.63%), Magnesium: 41.73mg (10.43%), Vitamin E: 1.43mg (9.52%), Calcium: 62.43mg (6.24%), Vitamin D: 0.2µg (1.34%)