



Cranberry and Sausage Stuffing

READY IN



85 min.

SERVINGS



8

CALORIES



471 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 pound crusty rolls french italian cut into 3/4-inch cubes
- 0.8 cup cranberries dried
- 2 large eggs lightly beaten
- 1.3 teaspoons kosher salt
- 2.5 cups chicken broth low-sodium
- 0.5 teaspoon old bay seasoning
- 0.3 cup parsley fresh italian coarsely chopped
- 0.8 cup pecans toasted coarsely chopped

- 12 ounces andouille smoked such as kielbasa or andouille, medium dice cooked
- 4 tablespoons butter unsalted as needed plus more ()
- 1 medium onion yellow

Equipment

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

Directions

- Heat the oven to 375°F and arrange a rack in the middle. Coat a 9-by-13-inch baking dish with butter; set aside.
- Place the bread, cranberries, and pecans in a large bowl and set aside. Melt the measured butter in a large frying pan over medium-high heat until foaming.
- Add the sausage and cook, stirring occasionally, until starting to brown, about 4 minutes.
- Remove with a slotted spoon to the bowl with the bread, cranberries, and pecans. Reduce the heat to medium and add the onion, salt, Old Bay, and pepper. Cook, stirring occasionally, until the onion has softened, about 5 minutes.
- Add 1/2 cup of the broth, stir to combine, and scrape up any browned bits from the bottom of the pan.
- Transfer the onion mixture to the bowl, add the remaining 2 cups of broth, eggs, and parsley, and stir until well combined and evenly moistened.
- Transfer the stuffing to the prepared dish and spread it into an even layer.
- Bake 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 11.9% ■ FAT 52.52% ■ CARBS 35.58%

Properties

Glycemic Index:12.63, Glycemic Load:0.35, Inflammation Score:-5, Nutrition Score:15.799565087194%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Delphinidin: 0.69mg, Delphinidin: 0.69mg, Delphinidin: 0.69mg, Delphinidin: 0.69mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 470.77kcal (23.54%), Fat: 27.89g (42.9%), Saturated Fat: 9.18g (57.35%), Carbohydrates: 42.51g (14.17%), Net Carbohydrates: 38.88g (14.14%), Sugar: 9.54g (10.6%), Cholesterol: 91.74mg (30.58%), Sodium: 1092.27mg (47.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.21g (28.43%), Manganese: 0.82mg (41.12%), Selenium: 25.8µg (36.86%), Vitamin K: 34.65µg (33%), Vitamin B1: 0.48mg (32.23%), Vitamin B3: 5.08mg (25.39%), Vitamin B2: 0.35mg (20.3%), Folate: 79.54µg (19.89%), Phosphorus: 173.69mg (17.37%), Iron: 2.81mg (15.64%), Fiber: 3.63g (14.53%), Zinc: 2.13mg (14.2%), Vitamin B12: 0.84µg (13.98%), Copper: 0.28mg (13.93%), Potassium: 303.21mg (8.66%), Vitamin B6: 0.17mg (8.35%), Magnesium: 33.21mg (8.3%), Vitamin A: 409.48IU (8.19%), Calcium: 81.22mg (8.12%), Vitamin B5: 0.77mg (7.73%), Vitamin E: 0.85mg (5.68%), Vitamin D: 0.82µg (5.49%), Vitamin C: 3.65mg (4.43%)