



Cranberry, Sausage, and Apple Stuffing

READY IN



95 min.

SERVINGS



12

CALORIES



398 kcal

SIDE DISH

Ingredients

- 12 cups unseasoned bread cubes white
- 0.3 cup butter
- 2 cups celery chopped
- 1.3 cups chicken broth
- 1 cup cranberries dried
- 2 teaspoons rosemary dried chopped
- 1 pound sausage sweet italian
- 6 cups leeks coarsely chopped
- 4 teaspoons poultry seasoning

- 12 servings salt and pepper to taste
- 2 tart apples green cored peeled chopped

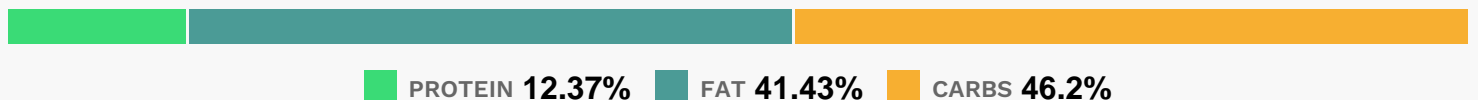
Equipment

- bowl
- frying pan
- baking sheet
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Spread bread cubes in a single layer over two baking sheets.
- Bake until slightly dry, about 15 minutes.
- In a large skillet over medium heat, cook sausage, crumbling coarsely, for about 10 minutes or until evenly brown.
- Drain off grease, and transfer sausage to a large bowl.
- Melt butter in the skillet; add leeks, apples, celery, and poultry seasoning. Cook, stirring frequently, for about 10 minutes. Stir in the rosemary and dried cranberries.
- Mix leek mixture and bread cubes with sausage in bowl. Lightly mix chicken broth into stuffing to moisten; season with salt and black pepper. Spoon stuffing into turkey, packing loosely.
- Bake remaining stuffing in a buttered baking dish, covered, at 350 degrees F (175 degrees C) for about 45 minutes. Uncover, and bake another 15 minutes to brown top.

Nutrition Facts



Properties

Glycemic Index:25.22, Glycemic Load:17.31, Inflammation Score:-7, Nutrition Score:16.913478312285%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 398.19kcal (19.91%), Fat: 18.65g (28.69%), Saturated Fat: 7.15g (44.69%), Carbohydrates: 46.78g (15.59%), Net Carbohydrates: 42.12g (15.32%), Sugar: 15.79g (17.55%), Cholesterol: 39.42mg (13.14%), Sodium: 885.63mg (38.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.53g (25.06%), Manganese: 1.02mg (50.84%), Selenium: 26.28µg (37.54%), Vitamin K: 35.73µg (34.03%), Vitamin B1: 0.49mg (32.61%), Vitamin B3: 4.75mg (23.76%), Folate: 87.19µg (21.8%), Iron: 3.77mg (20.93%), Vitamin A: 971.67IU (19.43%), Fiber: 4.66g (18.62%), Vitamin B6: 0.32mg (15.86%), Phosphorus: 153.01mg (15.3%), Vitamin B2: 0.26mg (15.1%), Calcium: 121.67mg (12.17%), Magnesium: 46.38mg (11.59%), Vitamin C: 8.24mg (9.98%), Potassium: 346.46mg (9.9%), Copper: 0.2mg (9.84%), Zinc: 1.4mg (9.34%), Vitamin B5: 0.8mg (8.04%), Vitamin E: 0.96mg (6.38%), Vitamin B12: 0.36µg (5.95%)