



Cranberry, Sausage, and Apple Stuffing

READY IN



95 min.

SERVINGS



20

CALORIES



248 kcal

SIDE DISH

Ingredients

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

- ☐ 20 servings salt and pepper black to taste
- ☐ 3 tart apples cored peeled chopped

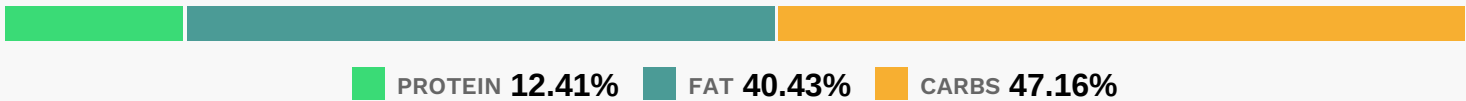
Equipment

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

Directions

- ☐ Cook and stir sausage in a large skillet over medium heat, crumbling coarsely, for about 10 minutes.
- ☐ Remove sausage to a large bowl with a slotted spoon. Empty pan of grease.
- ☐ Into the same pan melt the butter.
- ☐ Add the leeks or onions, apples, celery and poultry seasoning; cook until softened, about 10 minutes.
- ☐ Add the rosemary, dried cranberries and cooked sausage.
- ☐ Mix all with the dried bread cubes. Season to taste with salt and pepper. Moisten with the chicken stock.
- ☐ Stuff turkey with about 5 cups for a 14 pound turkey.
- ☐ Add additional chicken stock to moisten stuffing if needed. Remaining stuffing can be baked in a covered buttered casserole at 350 degrees F (175 degrees C) for about 45 minutes. Uncover and bake for another 15 minutes to brown top.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:10.72, Inflammation Score:-5, Nutrition Score:10.450434757316%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg 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: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.06mg, Epicatechin: 2.06mg, Epicatechin: 2.06mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 248.47kcal (12.42%), Fat: 11.36g (17.48%), Saturated Fat: 4.34g (27.14%), Carbohydrates: 29.82g (9.94%), Net Carbohydrates: 26.81g (9.75%), Sugar: 10.61g (11.79%), Cholesterol: 23.82mg (7.94%), Sodium: 573.74mg (24.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.84g (15.69%), Manganese: 0.61mg (30.31%), Selenium: 16.06µg (22.94%), Vitamin K: 21.67µg (20.64%), Vitamin B1: 0.3mg (19.82%), Vitamin B3: 3.08mg (15.39%), Folate: 53.39µg (13.35%), Iron: 2.29mg (12.75%), Fiber: 3.01g (12.05%), Vitamin A: 588.08IU (11.76%), Vitamin B6: 0.2mg (10.19%), Phosphorus: 96.5mg (9.65%), Vitamin B2: 0.16mg (9.45%), Calcium: 73.45mg (7.35%), Magnesium: 28.77mg (7.19%), Potassium: 231.61mg (6.62%), Vitamin C: 5.39mg (6.54%), Copper: 0.13mg (6.34%), Zinc: 0.86mg (5.71%), Vitamin B5: 0.49mg (4.86%), Vitamin E: 0.59mg (3.93%), Vitamin B12: 0.21µg (3.52%)