



Dried-Cherry and Italian Sausage Stuffing

READY IN



45 min.

SERVINGS



10

CALORIES



496 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.5 cup butter (1 stick)
- ☐ 6 celery stalks diced finely
- ☐ 29 ounce chicken broth canned
- ☐ 1 cup cherries dried
- ☐ 1 loaf bread french toasted cut into 1-inch cubes and (10 cups)
- ☐ 0.8 cup flat-leaf parsley fresh chopped
- ☐ 1 teaspoon kosher salt
- ☐ 2 medium onions diced finely

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0.8 pound sausagecasings removeditalian crumbled cooked

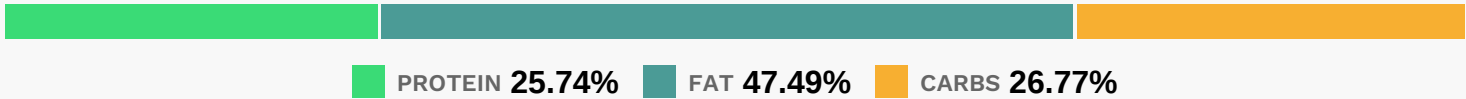
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Melt the butter in a 12-inch skillet over medium heat.
- ☐ Add the celery and onions and cook until translucent, 5 to 7 minutes. In a large bowl or pan, combine the celery and onions with the bread, cherries, sausage, parsley, salt, and pepper.
- ☐ Add the broth and stir until well combined. Using a large spoon, loosely stuff the mixture into the turkey just before roasting. Cover and bake any unused stuffing in a 325 F oven for 1 hour; uncover and bake for 15 minutes more.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:28.15, Glycemic Load:16.54, Inflammation Score:-8, Nutrition Score:17.626956753109%

Flavonoids

Apigenin: 9.77mg, Apigenin: 9.77mg, Apigenin: 9.77mg, Apigenin: 9.77mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 495.5kcal (24.77%), Fat: 25.93g (39.89%), Saturated Fat: 10.91g (68.17%), Carbohydrates: 32.89g (10.96%), Net Carbohydrates: 30.25g (11%), Sugar: 9.13g (10.15%), Cholesterol: 90mg (30%), Sodium: 1166.26mg (50.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.62g (63.24%), Vitamin K: 78.02µg (74.3%), Selenium: 26.82µg (38.31%), Vitamin B3: 5.6mg (28%), Vitamin B1: 0.39mg (26.19%), Vitamin A: 1276.36IU (25.53%),

Phosphorus: 226.32mg (22.63%), Zinc: 3.31mg (22.08%), Iron: 3.56mg (19.78%), Vitamin B12: 1.13µg (18.84%),
Vitamin B2: 0.31mg (18.26%), Vitamin B6: 0.34mg (16.81%), Folate: 63.44µg (15.86%), Manganese: 0.28mg (13.77%),
Fiber: 2.63g (10.53%), Magnesium: 38.47mg (9.62%), Vitamin C: 7.93mg (9.61%), Potassium: 325.67mg (9.31%),
Copper: 0.14mg (7.17%), Calcium: 62.26mg (6.23%), Vitamin E: 0.72mg (4.81%), Vitamin B5: 0.43mg (4.28%),
Vitamin D: 0.52µg (3.5%)