



WHATSheATE



Fennel, Sausage, and Caramelized Apple Stuffing

 Dairy Free

READY IN



88 min.

SERVINGS



12

CALORIES



233 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1.3 cups carrots chopped
- ☐ 2 large eggs
- ☐ 1.3 cups fennel bulb sliced
- ☐ 0.5 teaspoon fennel seeds crushed
- ☐ 2 tablespoons sage fresh chopped
- ☐ 5 garlic cloves minced

- ☐ 3 cups golden delicious apple chopped
- ☐ 9 ounces sausage italian
- ☐ 1.5 cups lower-sodium chicken broth fat-free
- ☐ 5 teaspoons olive oil extra-virgin divided
- ☐ 4 cups onion chopped
- ☐ 12 ounces sourdough bread cut into 1/2-inch cubes
- ☐ 2 teaspoons sugar

Equipment

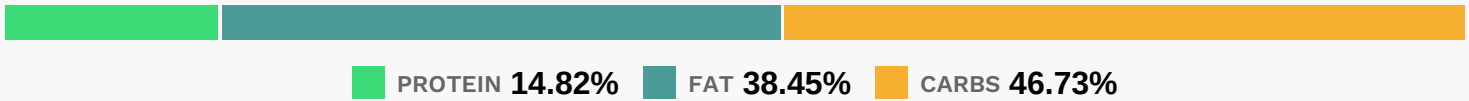
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Arrange bread cubes in a single layer on a baking sheet coated with cooking spray.
- ☐ Bake at 400 for 16 minutes or until golden, stirring after 8 minutes.
- ☐ Place in a large bowl.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Remove casings from sausage. Coat pan with cooking spray.
- ☐ Add sausage to pan; cook 8 minutes or until browned, stirring to crumble.
- ☐ Add sausage to bread.
- ☐ Return pan to medium-high heat.
- ☐ Add 3 teaspoons oil to pan; swirl to coat.
- ☐ Add onion and next 5 ingredients (through garlic).

- ☐ Add 1/4 teaspoon pepper; saut 8 minutes or until vegetables are tender, stirring occasionally.
- ☐ Add vegetables to sausage mixture.
- ☐ Return pan to medium-high heat.
- ☐ Add remaining 2 teaspoons oil to pan; swirl to coat.
- ☐ Add apple and sugar; saut 5 minutes or until apple caramelizes, stirring occasionally.
- ☐ Add to the sausage mixture.
- ☐ Combine broth and eggs in a small bowl, stirring with a whisk.
- ☐ Add broth mixture and remaining 1/4 teaspoon pepper to sausage mixture; toss well to combine.
- ☐ Spoon sausage mixture into a 13 x 9-inch glass or ceramic baking dish coated with cooking spray. Cover with foil.
- ☐ Bake at 400 for 20 minutes. Uncover dish; bake at 400 for 20 minutes or until browned and crisp.

Nutrition Facts



Properties

Glycemic Index:33.2, Glycemic Load:15.03, Inflammation Score:-9, Nutrition Score:15.660434862842%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.05mg, Quercetin: 12.05mg, Quercetin: 12.05mg, Quercetin: 12.05mg

Nutrients (% of daily need)

Calories: 233kcal (11.65%), Fat: 10.03g (15.43%), Saturated Fat: 3.1g (19.39%), Carbohydrates: 27.43g (9.14%), Net Carbohydrates: 24.34g (8.85%), Sugar: 8.41g (9.34%), Cholesterol: 47.16mg (15.72%), Sodium: 409.99mg (17.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.7g (17.39%), Copper: 3.15mg (157.27%), Vitamin A: 2302.3IU

(46.05%), Vitamin B1: 0.37mg (24.74%), Selenium: 16.47µg (23.53%), Manganese: 0.42mg (20.79%), Folate: 56.59µg (14.15%), Vitamin B2: 0.23mg (13.6%), Fiber: 3.09g (12.35%), Vitamin B3: 2.36mg (11.79%), Vitamin B6: 0.23mg (11.35%), Iron: 1.93mg (10.72%), Phosphorus: 107.07mg (10.71%), Potassium: 359.59mg (10.27%), Vitamin K: 9.61µg (9.15%), Vitamin C: 6.65mg (8.06%), Zinc: 0.97mg (6.49%), Magnesium: 25.56mg (6.39%), Calcium: 56.42mg (5.64%), Vitamin B5: 0.49mg (4.86%), Vitamin B12: 0.27µg (4.46%), Vitamin E: 0.6mg (3.98%), Vitamin D: 0.17µg (1.11%)