



Fruited Turkey Dressing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



405 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apple juice concentrate thawed
- ☐ 0.5 cup butter
- ☐ 3 rib celery chopped
- ☐ 3 cups chicken broth
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 tablespoon sage fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped

- ☐ 2 garlic cloves minced
- ☐ 2 large granny smith apples chopped
- ☐ 0.3 teaspoon ground cloves
- ☐ 16 ounce sausage meat
- ☐ 2 medium onions chopped
- ☐ 1 teaspoon pepper
- ☐ 0.5 cup raisins
- ☐ 1 teaspoon salt
- ☐ 16 ounce stuffing croutons

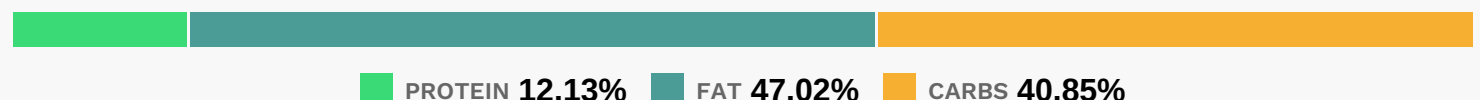
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine raisins and cognac; let stand 2 hours.
- ☐ Melt butter in a large skillet over medium heat; add onion and garlic, and saut 5 minutes or until tender.
- ☐ Add sausage, and cook, stirring until it crumbles and is no longer pink; drain. Stir in apple and celery, and cook, stirring occasionally, about 10 minutes.
- ☐ Transfer mixture to a large bowl.
- ☐ Stir in raisin mixture, croutons, and remaining ingredients until moistened. Spoon into a lightly greased 13- x 9-inch baking dish.
- ☐ Bake, covered, at 350 for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:35.8, Glycemic Load:23.46, Inflammation Score:-7, Nutrition Score:16.236087000888%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 3.29mg, Epicatechin: 3.29mg, Epicatechin: 3.29mg, Epicatechin: 3.29mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg

Nutrients (% of daily need)

Calories: 404.61kcal (20.23%), Fat: 21.24g (32.68%), Saturated Fat: 5.8g (36.23%), Carbohydrates: 41.53g (13.84%), Net Carbohydrates: 37.75g (13.73%), Sugar: 5.95g (6.61%), Cholesterol: 59.39mg (19.8%), Sodium: 1022.1mg (44.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.33g (24.66%), Copper: 1.66mg (83.12%), Vitamin K: 42.48µg (40.46%), Vitamin B1: 0.38mg (25.65%), Selenium: 17.19µg (24.56%), Vitamin B3: 4.14mg (20.72%), Manganese: 0.39mg (19.64%), Folate: 63.08µg (15.77%), Vitamin B2: 0.26mg (15.15%), Fiber: 3.78g (15.1%), Iron: 2.67mg (14.85%), Phosphorus: 133.13mg (13.31%), Vitamin A: 654.05IU (13.08%), Vitamin B6: 0.2mg (10.04%), Zinc: 1.41mg (9.42%), Vitamin C: 7.52mg (9.12%), Potassium: 315.81mg (9.02%), Magnesium: 27.82mg (6.95%), Vitamin B12: 0.42µg (6.94%), Vitamin B5: 0.63mg (6.27%), Calcium: 60.48mg (6.05%), Vitamin D: 0.66µg (4.39%), Vitamin E: 0.57mg (3.82%)