

Gluten-Free Stuffing

 Dairy Free  Popular

READY IN



45 min.

SERVINGS



6

CALORIES



554 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 teaspoon ground sage
- 1 teaspoon oregano dried
- 2 tablespoons olive oil
- 1 loaf bread gluten-free cut into bite-size cubes (8-9 cups)
- 1.5 teaspoons basil dried
- 10 ounces sausage sweet italian
- 2 tablespoons cloves minced (four cloves)

- 4 cups vegetable stock gluten-free divided
- 2 cups celery chopped (4 large stalks)
- 1 teaspoon kosher salt
- 0.5 teaspoon thyme leaves dried
- 2 cups onion chopped (1 large onion)

Equipment

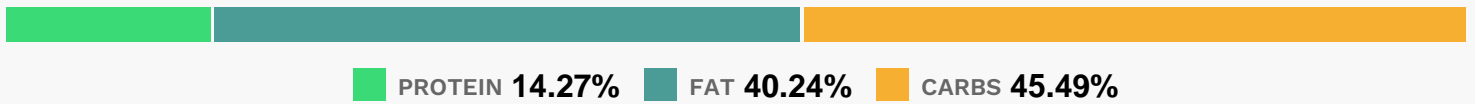
- bowl
- frying pan
- baking sheet
- oven
- pot
- aluminum foil
- slotted spoon

Directions

- Preheat oven to 325 °F. Divide bread cubes between two large baking sheets. Toast until bread is golden brown and dry, about 30 minutes.
- Remove pans from oven and allow bread to cool.
- Grease a 9x13-inch baking sheet and set aside.
- Place bread cubes in a large bowl. In a large pot, heat olive oil until shimmering.
- Add sausage, break apart into small bites with a fork as it cooks. Cook until no pink pieces of sausage remain, about three minutes.
- Remove the sausage from the oil using a slotted spoon.
- Place sausage on a plate and set aside.
- Add celery. Cook until celery just begins to soften, about two minutes. Stirring frequently.
- Add onion. Cook for two minutes, continue to stir frequently.
- Add garlic, herbs, salt, and pepper. Cook until celery and onions are soft and aromatic. Spoon vegetables onto the bread cubes.

- Add sausage pieces and stir.
- Pour about two cups of the broth over the bread. Stir until cubes absorb the broth. This takes a minute.
- Add an additional cup of broth. Continue to stir until broth is absorbed. If bread seems dry, add final cup of broth. (Bread cubes should be moist but not soggy. It's okay if some of the cubes fall apart. This is normal.)
- Transfer stuffing to prepared pan.
- Cover pan with aluminum foil and bake in a 325 °F oven until warm, about 30 minutes.
- Remove foil and return pan to the oven and bake until golden brown, about five minutes.

Nutrition Facts



Properties

Glycemic Index:45.44, Glycemic Load:31.19, Inflammation Score:-8, Nutrition Score:24.272608632627%

Flavonoids

Apigenin: 0.97mg, Apigenin: 0.97mg, Apigenin: 0.97mg, Apigenin: 0.97mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.96mg, Quercetin: 10.96mg, Quercetin: 10.96mg, Quercetin: 10.96mg

Nutrients (% of daily need)

Calories: 553.97kcal (27.7%), Fat: 24.88g (38.27%), Saturated Fat: 6.85g (42.81%), Carbohydrates: 63.28g (21.09%), Net Carbohydrates: 56.66g (20.6%), Sugar: 10.58g (11.76%), Cholesterol: 35.91mg (11.97%), Sodium: 1927.96mg (83.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.85g (39.71%), Manganese: 2.15mg (107.48%), Selenium: 44.86µg (64.09%), Vitamin B1: 0.77mg (51.23%), Vitamin B3: 8.09mg (40.45%), Folate: 124.31µg (31.08%), Iron: 5.36mg (29.77%), Fiber: 6.62g (26.49%), Vitamin K: 26.63µg (25.36%), Phosphorus: 239.51mg (23.95%), Vitamin B2: 0.41mg (23.92%), Calcium: 194.99mg (19.5%), Vitamin B6: 0.37mg (18.42%), Magnesium: 67.98mg (17%), Zinc: 2.22mg (14.77%), Potassium: 469.16mg (13.4%), Vitamin B5: 1.33mg (13.32%), Copper: 0.25mg (12.63%), Vitamin A: 506.65IU (10.13%), Vitamin C: 6.44mg (7.81%), Vitamin E: 1.17mg (7.78%), Vitamin B12: 0.43µg (7.17%)