



Good Old Country Stuffing

READY IN



80 min.

SERVINGS



10

CALORIES



446 kcal

SIDE DISH

Ingredients

- ☐ 2 loaves oven-dried bread white (recommended: Pepperidge Farm)
- ☐ 1 pound bulk breakfast sausage
- ☐ 0.3 stick butter melted
- ☐ 3 tablespoons butter
- ☐ 2 pints button mushrooms sliced
- ☐ 2 cups celery chopped
- ☐ 2 chicken bouillon cubes
- ☐ 4 cups chicken stock see
- ☐ 7 cups chicken stock see

- ☐ 2 cups rice white cooked
- ☐ 3 tablespoons cornstarch
- ☐ 1 hardboiled egg sliced
- ☐ 3 eggs beaten
- ☐ 1 large onion chopped
- ☐ 1 tablespoon poultry seasoning
- ☐ 1 teaspoon sage leaves dried
- ☐ 10 servings salt and pepper black freshly ground
- ☐ 1 sleeve saltines crushed
- ☐ 2 tablespoons reserved stuffing mixture
- ☐ 1 giblets from turkey
- ☐ 0.3 cup water cold

Equipment

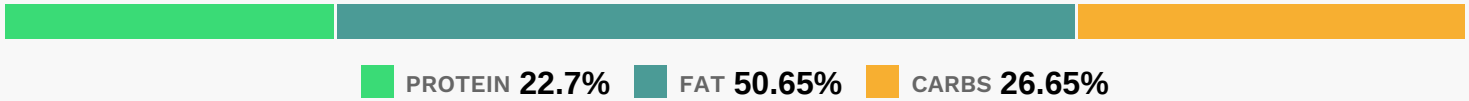
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Crumble oven-dried bread into a large bowl.
- ☐ Add rice and saltines.
- ☐ Cook sausage in a large skillet until it starts to brown.
- ☐ Add celery and onion and saute until transparent, 5 to 10 minutes.
- ☐ Pour over bread and rice mixture.
- ☐ Add stock and mix well.
- ☐ Add salt, pepper, sage, and poultry seasoning.
- ☐ Mix well.

- ☐ Add the beaten eggs and melted butter.
- ☐ Mix well. Reserve 2 tablespoons of the stuffing mixture for the Mushroom Giblet Gravy.
- ☐ Pour stuffing into a greased pan and bake until cooked through and golden brown, about 45 minutes.
- ☐ Bring stock and giblets to a boil.
- ☐ Add bouillon and reserved stuffing mixture. Make a slurry by whisking together the cornstarch and water and add to the boiling stock; cook 2 to 3 minutes. Meanwhile, saute mushrooms until browned in butter.
- ☐ Add mushrooms to gravy with egg and salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:41.87, Glycemic Load:12.09, Inflammation Score:-10, Nutrition Score:29.887825779293%

Flavonoids

Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 445.79kcal (22.29%), Fat: 25.08g (38.58%), Saturated Fat: 9.61g (60.05%), Carbohydrates: 29.7g (9.9%), Net Carbohydrates: 27.62g (10.04%), Sugar: 7.62g (8.46%), Cholesterol: 204.79mg (68.26%), Sodium: 1026.34mg (44.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.28g (50.57%), Vitamin A: 3629.71IU (72.59%), Vitamin B2: 1.13mg (66.56%), Copper: 1.28mg (64.17%), Vitamin B12: 3.8µg (63.3%), Vitamin B3: 12.48mg (62.38%), Selenium: 38.27µg (54.67%), Folate: 137.33µg (34.33%), Phosphorus: 338.85mg (33.88%), Vitamin B6: 0.66mg (33.15%), Vitamin B5: 3.2mg (31.97%), Vitamin B1: 0.39mg (25.88%), Potassium: 868.63mg (24.82%), Iron: 3.85mg (21.37%), Manganese: 0.42mg (21.21%), Zinc: 3.16mg (21.06%), Magnesium: 45.26mg (11.31%), Vitamin K: 11.47µg (10.93%), Vitamin D: 1.35µg (8.99%), Fiber: 2.08g (8.3%), Calcium: 61.02mg (6.1%), Vitamin C: 4.64mg (5.62%), Vitamin E: 0.72mg (4.83%)