



## Grandma Newman's Potato and Sausage Stuffing

READY IN



75 min.

SERVINGS



8

CALORIES



550 kcal

SIDE DISH

### Ingredients

- ☐ 1 pound bread dry white cubed
- ☐ 1 bell pepper green chopped
- ☐ 1 pound sausage meat
- ☐ 1 onion chopped
- ☐ 6 large potatoes peeled quartered
- ☐ 0.3 cup skim milk

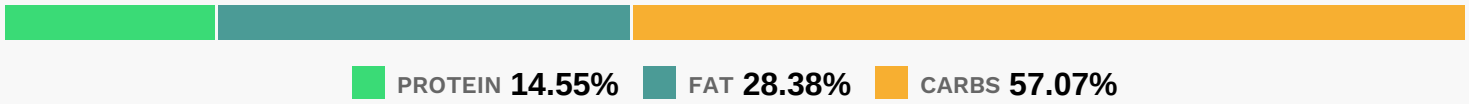
### Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bring a large pot of salted water to a boil.
- ☐ Add potatoes and cook until tender, about 15 minutes.
- ☐ Drain and mash with milk.
- ☐ Meanwhile, place sausage in a large, deep skillet. Cook over medium high heat until evenly brown. Stir in green pepper and onion and cook for about 5 minutes.
- ☐ Fold cubed bread into potatoes, then gently fold in sausage mixture.
- ☐ Transfer to a 9x13 inch baking dish.
- ☐ Bake in preheated oven for 30 to 45 minutes, or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:32.1, Glycemic Load:55.73, Inflammation Score:-7, Nutrition Score:25.245652520138%

## Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg

## Nutrients (% of daily need)

Calories: 549.63kcal (27.48%), Fat: 17.37g (26.73%), Saturated Fat: 5.54g (34.64%), Carbohydrates: 78.59g (26.2%), Net Carbohydrates: 70.71g (25.71%), Sugar: 6.51g (7.24%), Cholesterol: 41.05mg (13.68%), Sodium: 651.8mg (28.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.03g (40.07%), Vitamin C: 67.89mg (82.3%), Vitamin B6: 1.1mg (54.82%), Vitamin B1: 0.68mg (45.59%), Vitamin B3: 8.38mg (41.89%), Potassium: 1430.96mg (40.88%), Manganese: 0.8mg (39.9%), Fiber: 7.88g (31.52%), Phosphorus: 313.52mg (31.35%), Folate: 112.04µg

(28.01%), Iron: 4.77mg (26.51%), Magnesium: 90.68mg (22.67%), Copper: 0.42mg (21.1%), Selenium: 14.21µg (20.29%), Vitamin B2: 0.31mg (18.34%), Zinc: 2.61mg (17.39%), Calcium: 172.7mg (17.27%), Vitamin B5: 1.56mg (15.63%), Vitamin B12: 0.53µg (8.77%), Vitamin K: 6.75µg (6.43%), Vitamin D: 0.82µg (5.48%), Vitamin A: 119.56IU (2.39%), Vitamin E: 0.32mg (2.12%)