



Italian All Natural Ground Sausage Stuffing

READY IN



45 min.

SERVINGS



4

CALORIES



1276 kcal

SIDE DISH

Ingredients

- ☐ 24 oz loaves focaccia bread cut into 1-inch cubes
- ☐ 0.3 cup butter
- ☐ 2 eggs
- ☐ 5 large leaves basil fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 small bell pepper diced green
- ☐ 1 teaspoon coarse ground pepper
- ☐ 0.5 cup oil-packed sun-dried tomatoes chopped
- ☐ 0.3 cup olive oil separated

- ☐ 1 cup parmesan cheese shredded
- ☐ 0.5 cup pimiento-stuffed olives chopped
- ☐ 16 ounce mild sausage italian johnsonville® (ground or de-cased links)
- ☐ 1.5 cups water

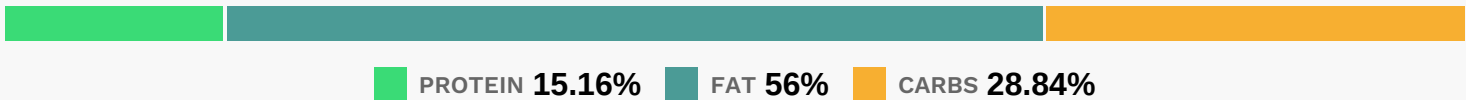
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ In a skillet, cook and crumble sausage in 1 tablespoon olive oil until no longer pink; set aside.
- ☐ In a large bowl, combine bread cubes and the remaining oil.
- ☐ Sprinkle with pepper; toss to coat.
- ☐ Transfer to a greased 15-in. x 10-in. baking pan.
- ☐ Bake at 350 degrees F for 10 minutes or until crisp and a lightly browned, stirring once.
- ☐ Remove pan to a wire rack to cool slightly.
- ☐ In a very large bowl, combine the bread cubes, reserved sausage, Parmesan cheese, green pepper, sun-dried tomatoes, basil, and garlic.
- ☐ Combine eggs and water; pour over bread mixture and toss to coat.
- ☐ Transfer to a buttered 13-in. x 9-in. baking dish. Dot with butter.
- ☐ Bake, uncovered, at 350 degrees F for 35-40 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:83.92, Glycemic Load:45.89, Inflammation Score:-8, Nutrition Score:43.648260925127%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 1276.23kcal (63.81%), Fat: 79.84g (122.83%), Saturated Fat: 28.33g (177.08%), Carbohydrates: 92.52g (30.84%), Net Carbohydrates: 82.98g (30.18%), Sugar: 15.76g (17.51%), Cholesterol: 215.53mg (71.84%), Sodium: 2440.07mg (106.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.63g (97.26%), Selenium: 90.78µg (129.68%), Manganese: 2.48mg (123.85%), Vitamin B1: 1.45mg (96.86%), Vitamin B3: 14.68mg (73.4%), Phosphorus: 657.68mg (65.77%), Calcium: 579.34mg (57.93%), Iron: 9.62mg (53.44%), Vitamin B2: 0.88mg (52.01%), Folate: 178.43µg (44.61%), Fiber: 9.53g (38.14%), Vitamin B6: 0.7mg (35.15%), Zinc: 5.12mg (34.16%), Magnesium: 132.44mg (33.11%), Potassium: 1109.23mg (31.69%), Copper: 0.62mg (31.09%), Vitamin C: 23.45mg (28.43%), Vitamin B5: 2.77mg (27.66%), Vitamin K: 28.9µg (27.53%), Vitamin B12: 1.55µg (25.86%), Vitamin E: 3.61mg (24.04%), Vitamin A: 962.78IU (19.26%), Vitamin D: 0.56µg (3.77%)