



Italian Fennel and Turkey Sausage Stuffing

READY IN



85 min.

SERVINGS



8

CALORIES



605 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 pound bread crumbs italian cut into 3/4-inch cubes
- 0.5 cup wine dry white
- 2 large eggs lightly beaten
- 2.5 cups fennel bulb (from 2 medium fennel bulbs)
- 4 medium garlic clove finely chopped
- 12 ounces turkey sausage italian uncooked
- 1.3 teaspoons kosher salt
- 2 cups chicken broth low-sodium

- 1 oregano dried
- 2 ounces parmesan cheese finely grated
- 0.8 cup pinenuts toasted
- 4 tablespoons butter unsalted plus more for coating the baking dish ()
- 1 medium onion yellow

Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan
- wooden spoon
- slotted spoon

Directions

- Heat the oven to 375°F and arrange a rack in the middle. Coat a 13-by-9-inch baking dish with butter and set it aside.
- Place the bread and pine nuts in a large bowl and set aside. Melt the measured butter in a large frying pan over medium-high heat until foaming.
- Add the sausage and cook, breaking it up into smaller pieces with a wooden spoon and stirring occasionally, until the meat is cooked through and starting to brown, about 6 to 8 minutes. Using a slotted spoon, transfer it to the bowl with the bread and nuts. Reduce the heat to medium and add the fennel, onion, garlic, oregano, salt, and pepper to the pan. Cook, stirring occasionally, until the vegetables have softened, about 7 minutes. Increase the heat to medium high, add the wine, and cook, scraping up any browned bits from the bottom of the pan and stirring occasionally, until the wine is reduced by half, about 2 minutes.
- Transfer the onion-fennel mixture to the bowl, add the broth, eggs, and cheese, and stir until well combined and evenly moistened.
- Transfer the stuffing to the prepared dish and spread it into an even layer.
- Bake until the top is golden brown, about 45 to 50 minutes.

Transfer to a wire rack and let cool for at least 5 minutes before serving.

Nutrition Facts

PROTEIN 12.07% **FAT 62%** **CARBS 25.93%**

Properties

Glycemic Index:19.25, Glycemic Load:1.01, Inflammation Score:-6, Nutrition Score:17.82130452861%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 605.2kcal (30.26%), Fat: 41.68g (64.13%), Saturated Fat: 18.18g (113.62%), Carbohydrates: 39.23g (13.08%), Net Carbohydrates: 35.21g (12.8%), Sugar: 21.28g (23.65%), Cholesterol: 90.25mg (30.08%), Sodium: 1144.59mg (49.76%), Alcohol: 1.54g (100%), Alcohol %: 0.76% (100%), Protein: 18.26g (36.51%), Manganese: 1.29mg (64.36%), Iron: 6.7mg (37.24%), Vitamin B3: 5.72mg (28.6%), Phosphorus: 284.44mg (28.44%), Vitamin K: 25.67µg (24.44%), Selenium: 16.42µg (23.45%), Vitamin C: 17.78mg (21.55%), Zinc: 2.49mg (16.59%), Magnesium: 65.18mg (16.3%), Fiber: 4.03g (16.11%), Vitamin B2: 0.27mg (16.01%), Folate: 60.4µg (15.1%), Potassium: 517.69mg (14.79%), Copper: 0.29mg (14.42%), Vitamin B6: 0.26mg (13.2%), Vitamin B1: 0.18mg (11.74%), Vitamin E: 1.7mg (11.31%), Calcium: 107.97mg (10.8%), Vitamin A: 408.29IU (8.17%), Vitamin B12: 0.46µg (7.68%), Vitamin B5: 0.7mg (6.99%), Vitamin D: 0.39µg (2.6%)