



WHATSheATE



Italian Sausage and Bread Stuffing

READY IN



1500 min.

SERVINGS



8

CALORIES



629 kcal

SIDE DISH

Ingredients

- ☐ 4 large rib celery chopped
- ☐ 4 large eggs lightly beaten
- ☐ 0.5 cup flat-leaf parsley coarsely chopped
- ☐ 0.8 pound round loaf italian cut into 1-inch cubes (8 cups)
- ☐ 5 garlic cloves minced
- ☐ 0.8 cup heavy cream divided
- ☐ 0.5 cup chicken broth reduced-sodium
- ☐ 2 tablespoons olive oil divided
- ☐ 3 medium onions chopped

- ☐ 2 ounces parmigiano-reggiano grated
- ☐ 2 pounds sausage sweet italian divided
- ☐ 1 stick butter unsalted cut into pieces

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 350°F with rack in middle. Generously butter baking dish.
- ☐ Put bread in 2 shallow baking pans and bake, switching position of pans halfway through baking, until just dried out, about 10 minutes.
- ☐ Heat 1 tablespoon oil in a 12-inch heavy skillet over medium-high heat until it shimmers, then cook half of sausage, stirring and breaking it into small pieces, until golden brown, about 6 minutes.
- ☐ Transfer with a slotted spoon to a large bowl. Brown remaining sausage in remaining tablespoon oil, transferring to bowl.
- ☐ Pour off fat from skillet and wipe clean.
- ☐ Heat butter over medium heat until foam subsides, then cook onions, celery, garlic, and 1/2 teaspoon each of salt and pepper, stirring occasionally, until golden, 12 to 15 minutes.
- ☐ Add vegetables and bread to sausage.
- ☐ Whisk together eggs, 1/2 cup cream, turkey stock, cheese, and parsley, then stir into stuffing and cool completely, about 30 minutes. Reserve 5 cups stuffing to stuff turkey and spoon remainder into baking dish, then drizzle with remaining 1/4 cup cream. Cover stuffing and chill.
- ☐ About 1 hour before stuffed turkey is finished roasting, bring dish of stuffing to room temperature. When turkey is done, increase oven temperature to 425°F and bake stuffing,

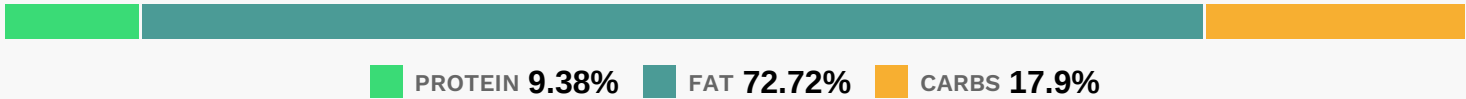
covered tightly with foil, until hot throughout, about 20 minutes.

- ☐
- Remove foil and bake until top is golden and crisp, about 15 minutes more.
- ☐
- Bread can be toasted 3 days ahead and kept (once cool) in a sealed bag at room temperature.

· Stuffing can be prepared (but not baked) 4 hours before roasting turkey.

· If baking stuffing at the same time as potatoes, put stuffing in upper third of oven and potatoes in bottom third (allow extra time).

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:1.18, Inflammation Score:-7, Nutrition Score:13.991738962091%

Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 8.42mg, Quercetin: 8.42mg, Quercetin: 8.42mg, Quercetin: 8.42mg

Nutrients (% of daily need)

Calories: 628.85kcal (31.44%), Fat: 51.17g (78.73%), Saturated Fat: 26.19g (163.67%), Carbohydrates: 28.33g (9.44%), Net Carbohydrates: 25.97g (9.44%), Sugar: 15.77g (17.53%), Cholesterol: 174.68mg (58.23%), Sodium: 528.03mg (22.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.85g (29.71%), Vitamin K: 65.85µg (62.71%), Selenium: 17.5µg (25%), Vitamin A: 1190.47IU (23.81%), Phosphorus: 192.06mg (19.21%), Vitamin B1: 0.26mg (17.5%), Vitamin B2: 0.29mg (17.14%), Vitamin B3: 3.2mg (15.98%), Folate: 56.37µg (14.09%), Calcium: 139.95mg (14%), Iron: 2.15mg (11.93%), Vitamin C: 9.33mg (11.31%), Vitamin B6: 0.22mg (10.96%), Vitamin B12: 0.64µg (10.61%), Potassium: 331.26mg (9.46%), Fiber: 2.36g (9.44%), Vitamin E: 1.35mg (9.03%), Zinc: 1.32mg (8.78%), Vitamin D: 1.1µg (7.36%), Vitamin B5: 0.71mg (7.09%), Magnesium: 25.78mg (6.45%), Manganese: 0.12mg (5.83%), Copper: 0.08mg (4.12%)