



Italian Sausage, Mushroom and Chestnut Stuffing

 Popular

READY IN



70 min.

SERVINGS



6

CALORIES



231 kcal

SIDE DISH

Ingredients

- ☐ 1 day old loaf bread italian cut into 3/4 cubes
- ☐ 1 tablespoon butter
- ☐ 0.5 cup celery diced
- ☐ 2 cups chicken stock see
- ☐ 1 handful parsley chopped
- ☐ 2 cloves garlic chopped
- ☐ 8 ounces sausage italian

- ☐ 1 cup roasted and peel chestnuts halved
- ☐ 4 ounces mushrooms quartered
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion diced
- ☐ 2 tablespoons sage chopped
- ☐ 6 servings salt and pepper to taste
- ☐ 1 tablespoon thyme leaves chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat the oil in a pan over medium heat.
- ☐ Add the sausage and cook until no longer pink, about 8–10 minutes, breaking it apart as you go and set it aside.
- ☐ Add the butter, onions and celery to the pan and saute until tender, about 10 minutes.
- ☐ Add the mushrooms, garlic, thyme, sage, salt and pepper and saute until everything is tender and just starting to brown, about 10–12 minutes.
- ☐ Add the wine, deglaze the pan and simmer until most of the liquid has evaporated.
- ☐ Mix the sausage, vegetables, parsley, chestnuts and bread in a large bowl and mix in the stock until all of the bread is moist but not soggy.
- ☐ Pour the mixture into a greased baking dish and cover with foil.
- ☐ Bake in a preheated 350F oven for 20 minutes.
- ☐ Remove the foil and continue cooking until the top turns nice and golden brown, about 10 minutes.

Nutrition Facts



 **PROTEIN 15.48%**  **FAT 67.29%**  **CARBS 17.23%**

Properties

Glycemic Index:61.11, Glycemic Load:2.26, Inflammation Score:-8, Nutrition Score:13.346956429274%

Flavonoids

Hesperetin: 6.88mg, Hesperetin: 6.88mg, Hesperetin: 6.88mg, Hesperetin: 6.88mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 1.71mg, Apigenin: 1.71mg, Apigenin: 1.71mg, Apigenin: 1.71mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 231.02kcal (11.55%), Fat: 17.49g (26.91%), Saturated Fat: 6.16g (38.48%), Carbohydrates: 10.08g (3.36%), Net Carbohydrates: 8.54g (3.11%), Sugar: 2.87g (3.19%), Cholesterol: 36.14mg (12.05%), Sodium: 630.91mg (27.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.05g (18.11%), Copper: 6.23mg (311.61%), Selenium: 14.57µg (20.81%), Vitamin B1: 0.3mg (19.94%), Vitamin B3: 3.55mg (17.74%), Manganese: 0.35mg (17.55%), Vitamin K: 15.52µg (14.78%), Vitamin B2: 0.24mg (14.2%), Vitamin C: 10.29mg (12.48%), Vitamin B6: 0.23mg (11.66%), Phosphorus: 110.77mg (11.08%), Potassium: 327.94mg (9.37%), Iron: 1.52mg (8.43%), Zinc: 1.07mg (7.11%), Fiber: 1.53g (6.14%), Vitamin B5: 0.6mg (6.02%), Vitamin B12: 0.36µg (5.93%), Folate: 22.69µg (5.67%), Magnesium: 21.23mg (5.31%), Calcium: 48.59mg (4.86%), Vitamin A: 218.54IU (4.37%), Vitamin E: 0.49mg (3.28%)