



Italian Sausage Stuffing

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



140 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 rib celery chopped
- ☐ 1.5 cups chicken stock see
- ☐ 2 large eggs
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.5 cup half-and-half
- ☐ 12 ounces sausage sweet italian

- ☐ 1 onion chopped
- ☐ 2 teaspoons poultry seasoning
- ☐ 0.5 teaspoon salt

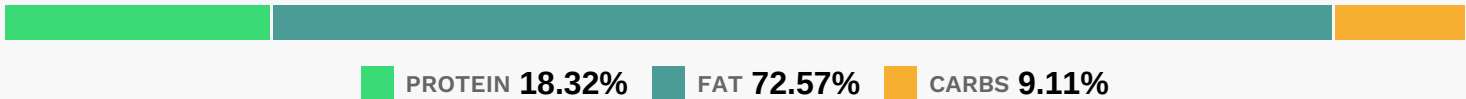
Equipment

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

Directions

- ☐ Preheat oven to 37
- ☐ Arrange bread in a single layer on a baking sheet.
- ☐ Bake 10 minutes or until lightly browned.
- ☐ Cook sausage in a large skillet over medium-high heat, stirring until it crumbles and is no longer pink.
- ☐ Add onion, celery, and garlic; saut 5 minutes or until tender.
- ☐ Add stock, stirring to loosen browned bits from pan.
- ☐ Combine bread, sausage mixture, poultry seasoning, and next 3 ingredients in a large bowl, tossing to combine.
- ☐ Whisk together eggs and half-and-half, and fold into stuffing.
- ☐ Spoon stuffing into a lightly greased 13- x 9-inch baking pan; cover with foil, and bake 20 minutes. Uncover, and bake 10 more minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:15.08, Glycemic Load:0.33, Inflammation Score:-2, Nutrition Score:5.6504347816758%

Flavonoids

Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 140.42kcal (7.02%), Fat: 11.24g (17.3%), Saturated Fat: 4.28g (26.74%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.91g (1.06%), Sugar: 1.34g (1.49%), Cholesterol: 56.97mg (18.99%), Sodium: 366.57mg (15.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.39g (12.77%), Vitamin K: 23.62µg (22.49%), Selenium: 10.75µg (15.36%), Vitamin B1: 0.19mg (12.38%), Vitamin B2: 0.14mg (8.01%), Phosphorus: 79.68mg (7.97%), Vitamin B6: 0.15mg (7.44%), Vitamin B3: 1.46mg (7.28%), Vitamin B12: 0.35µg (5.86%), Zinc: 0.75mg (4.97%), Potassium: 155.07mg (4.43%), Iron: 0.78mg (4.34%), Vitamin C: 3.34mg (4.05%), Vitamin A: 197.64IU (3.95%), Manganese: 0.07mg (3.7%), Vitamin B5: 0.32mg (3.24%), Folate: 12.24µg (3.06%), Calcium: 30.35mg (3.03%), Copper: 0.06mg (2.85%), Magnesium: 9.76mg (2.44%), Vitamin D: 0.17µg (1.11%), Fiber: 0.27g (1.07%)