



WHATSheATE



Johnsonville® Italian Sausage Stuffing

READY IN



95 min.

SERVINGS



14

CALORIES



795 kcal

SIDE DISH

Ingredients

- ☐ 2.3 ounce olives black drained sliced canned
- ☐ 12 cups unseasoned bread stuffing dry cubed
- ☐ 0.5 cup butter
- ☐ 2 cups celery chopped
- ☐ 4 cups chicken broth
- ☐ 1 teaspoon basil dried
- ☐ 2 eggs beaten
- ☐ 1 tablespoon basil fresh minced
- ☐ 3 cloves garlic minced

- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 cup onions chopped
- ☐ 0.5 cup parmesan cheese shredded
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon rubbed sage
- ☐ 0.5 teaspoon salt
- ☐ 19.8 ounce johnsonville mild sausage links italian

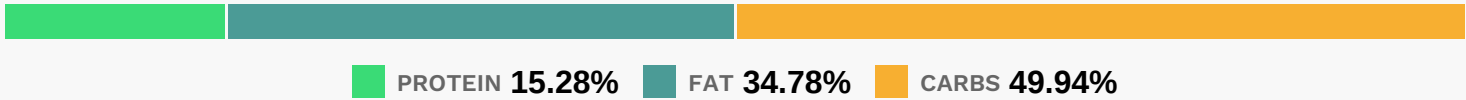
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ In large skillet, crumble and cook sausage over medium heat until no longer pink and lightly browned; drain and set aside. In the same skillet, melt butter and saute celery, onion, green pepper and garlic until tender.
- ☐ In a large bowl, combine bread stuffing, sausage, vegetables, Parmesan cheese, olives and seasonings.
- ☐ Combine broth and eggs; add to bread mixture, stirring gently to mix.
- ☐ Transfer to a buttered 3-quart baking dish. Cover and bake at 325F for 60 minutes. Uncover and bake 10 minutes longer or until lightly browned.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:26.05, Glycemic Load:52.24, Inflammation Score:-7, Nutrition Score:32.181304390016%

Flavonoids

Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 794.77kcal (39.74%), Fat: 30.71g (47.25%), Saturated Fat: 10.99g (68.69%), Carbohydrates: 99.24g (33.08%), Net Carbohydrates: 90.41g (32.88%), Sugar: 12.8g (14.23%), Cholesterol: 74.99mg (25%), Sodium: 1785.53mg (77.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.35g (60.7%), Manganese: 2.53mg (126.71%), Selenium: 71.66µg (102.37%), Vitamin B1: 1.09mg (72.86%), Vitamin B3: 12.91mg (64.54%), Folate: 187.42µg (46.85%), Iron: 8.14mg (45.22%), Vitamin B2: 0.68mg (39.77%), Phosphorus: 369.63mg (36.96%), Fiber: 8.83g (35.33%), Calcium: 325.77mg (32.58%), Magnesium: 96.52mg (24.13%), Zinc: 3.12mg (20.8%), Vitamin B5: 2.06mg (20.56%), Vitamin B6: 0.41mg (20.32%), Copper: 0.37mg (18.55%), Vitamin K: 17.32µg (16.5%), Potassium: 484.03mg (13.83%), Vitamin C: 7.01mg (8.49%), Vitamin B12: 0.49µg (8.17%), Vitamin A: 381.18IU (7.62%), Vitamin E: 0.92mg (6.13%)