



## Made-Over "Sausage" Stuffing

 Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



38 kcal

SIDE DISH

### Ingredients

- 8 oz boca veggie breakfast links frozen chopped
- 2 stalks celery chopped
- 14 oz chicken broth fat-free reduced-sodium canned
- 1 Tbsp butter
- 1 small onion chopped
- 6 oz stove top lower sodium stuffing mix for chicken

### Equipment

- frying pan

- oven
- baking pan

## Directions

- Heat oven to 350F.
- Melt margarine in large skillet on medium heat.
- Add chopped links, onions and celery; cook and stir 8 to 10 min. or until vegetables are crisp-tender.
- Stir in broth and stuffing mix; spoon into 9-inch square baking dish sprayed with cooking spray.
- Bake 20 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:2.17, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.2143478238064%

## Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 37.54kcal (1.88%), Fat: 1.95g (3%), Saturated Fat: 0.59g (3.72%), Carbohydrates: 3.48g (1.16%), Net Carbohydrates: 3.28g (1.19%), Sugar: 0.47g (0.52%), Cholesterol: 4.12mg (1.37%), Sodium: 141.36mg (6.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.83%), Selenium: 2.28µg (3.25%), Vitamin B3: 0.58mg (2.88%), Vitamin B1: 0.04mg (2.86%), Folate: 8.36µg (2.09%), Vitamin B2: 0.03mg (1.64%), Phosphorus: 15.81mg (1.58%), Manganese: 0.03mg (1.55%), Vitamin B6: 0.03mg (1.44%), Iron: 0.25mg (1.37%), Vitamin B12: 0.07µg (1.15%), Zinc: 0.17mg (1.13%), Potassium: 35.4mg (1.01%)