



New England Sausage Stuffing with Chestnuts

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



190 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black
- 2 cups celery chopped
- 1 cup bottled chestnuts coarsely chopped
- 1 tablespoon rubbed sage dried
- 1 teaspoon thyme leaves dried
- 1.5 cups less-sodium chicken broth fat-free
- 16 ounce bread french cut into 1-inch cubes
- 3 cups onion chopped

- 6 ounces mild pork sausage
- 0.5 teaspoon salt

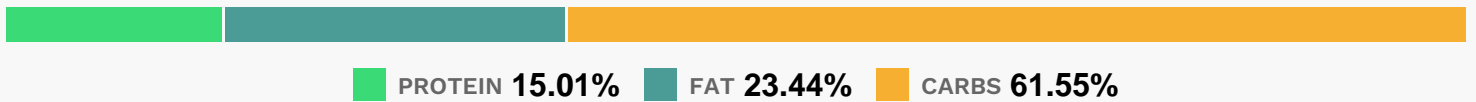
Equipment

- frying pan
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 37
- Arrange chopped chestnuts and bread cubes in a single layer on a jelly roll pan.
- Bake at 375 for 10 minutes or until lightly browned.
- Cook sausage in a large nonstick skillet over medium-high heat 4 minutes or until browned, stirring to crumble.
- Add onion and celery; saut 6 minutes or until tender.
- Add broth, scraping pan to loosen browned bits.
- Combine bread mixture, sausage mixture, sage, thyme, salt, and pepper, tossing to combine. Spoon into a 13 x 9-inch baking pan coated with cooking spray; cover with foil.
- Bake at 375 for 20 minutes. Uncover and bake an additional 10 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:21.13, Glycemic Load:18.87, Inflammation Score:-5, Nutrition Score:8.6847826190617%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin:

0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 189.72kcal (9.49%), Fat: 4.97g (7.65%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 29.36g (9.79%), Net Carbohydrates: 27.46g (9.99%), Sugar: 3.72g (4.13%), Cholesterol: 10.21mg (3.4%), Sodium: 546.04mg (23.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.32%), Vitamin B1: 0.35mg (23.35%), Folate: 68.19µg (17.05%), Selenium: 11.72µg (16.74%), Manganese: 0.33mg (16.68%), Vitamin B3: 2.89mg (14.47%), Vitamin B2: 0.21mg (12.24%), Iron: 2.06mg (11.46%), Vitamin C: 8.47mg (10.26%), Vitamin B6: 0.2mg (9.77%), Vitamin K: 9.84µg (9.37%), Phosphorus: 82.57mg (8.26%), Fiber: 1.9g (7.6%), Copper: 0.15mg (7.33%), Potassium: 251.32mg (7.18%), Magnesium: 24.83mg (6.21%), Zinc: 0.87mg (5.79%), Calcium: 45.02mg (4.5%), Vitamin B5: 0.4mg (4.04%), Vitamin B12: 0.18µg (2.95%), Vitamin A: 103.57IU (2.07%), Vitamin D: 0.18µg (1.23%), Vitamin E: 0.18mg (1.2%)