



Overstuffed Pumpkin with Cornbread, Apples and Turkey Sausage with Sauvignon Blanc

READY IN



70 min.

SERVINGS



8

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 2 rib celery chopped
- ☐ 1 teaspoon celery seed
- ☐ 3 cups chicken broth
- ☐ 2 eggs beaten
- ☐ 1 teaspoon fennel seed
- ☐ 0.3 cup parsley fresh divided chopped
- ☐ 0.3 cup sage fresh divided chopped

- ☐ 3 garlic cloves minced
- ☐ 2 granny smith apples cubed peeled
- ☐ 2 pounds ground turkey sausage
- ☐ 1 cup heavy cream
- ☐ 2 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 2 orange zest
- ☐ 4 pound pumpkin
- ☐ 8 servings salt and pepper
- ☐ 1 cup sauvignon blanc wine
- ☐ 16 ounce cornbread stuffing

Equipment

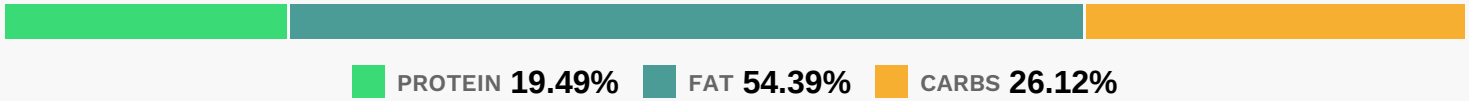
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Cut off the lid of the pumpkin and set it aside. Pull out the seeds and strings from inside the pumpkin.
- ☐ Brush the inside flesh with melted butter, season with salt and pepper.
- ☐ Place pumpkin on a roasting rack set inside a pan; bake for 15 minutes.
- ☐ In a large skillet, heat oil over moderate heat.
- ☐ Add onion, celery, garlic, apples, celery seed, and fennel seed.
- ☐ Sprinkle in orange zest and 2 tablespoons each parsley and sage. Cook, stirring often, until fragrant, about 3 minutes. Season with salt and pepper.

- ☐
- Add the ground sausage, breaking up the meat with a wooden spoon, and brown until no longer pink, about 10 minutes. Deglaze the pan with wine, cook down 2 minutes to evaporate the alcohol. Stir in the cream, check seasoning.
- ☐
- Scrape the sausage mixture into a large bowl and fold in the cornbread. Gradually blend in the eggs and chicken broth, until the stuffing is evenly moistened.
- ☐
- Add remaining parsley and sage. Fill the pumpkin with stuffing, return to the oven, and bake 20 minutes until the eggs are cooked and the stuffing has a little lift.
- ☐
- Serve stuffing in the pumpkin bowl topped with lid.

Nutrition Facts



Properties

Glycemic Index:34.38, Glycemic Load:11.87, Inflammation Score:-10, Nutrition Score:33.721739084824%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 4.25mg, Apigenin: 4.25mg, Apigenin: 4.25mg, Apigenin: 4.25mg Luteolin: 5.69mg, Luteolin: 5.69mg, Luteolin: 5.69mg, Luteolin: 5.69mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 599.84kcal (29.99%), Fat: 35.73g (54.97%), Saturated Fat: 14.7g (91.85%), Carbohydrates: 38.61g (12.87%), Net Carbohydrates: 33.94g (12.34%), Sugar: 14.1g (15.66%), Cholesterol: 176.6mg (58.87%), Sodium: 1539.55mg (66.94%), Alcohol: 3.1g (100%), Alcohol %: 0.62% (100%), Protein: 28.81g (57.62%), Vitamin A: 20442.52IU (408.85%), Copper: 1.71mg (85.68%), Selenium: 33.9µg (48.43%), Vitamin B2: 0.76mg (44.69%), Vitamin K: 45.75µg (43.57%), Vitamin C: 33.34mg (40.41%), Vitamin B3: 7.78mg (38.89%), Phosphorus: 383.81mg (38.38%), Vitamin B6: 0.74mg (36.94%), Potassium: 1271.38mg (36.33%), Zinc: 4.75mg (31.69%), Vitamin E: 4.55mg (30.32%), Manganese: 0.58mg (28.95%), Vitamin B12: 1.65µg (27.58%), Iron: 4.51mg (25.07%), Vitamin B5: 2.21mg (22.13%), Vitamin B1: 0.33mg (22.11%), Folate: 78.52µg (19.63%), Fiber: 4.67g (18.68%), Magnesium: 68.3mg (17.08%), Calcium: 144.01mg (14.4%), Vitamin D: 0.7µg (4.64%)