



Pear and Hazelnut Dressing

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



391 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce day-old bread french cubed
- ☐ 0.5 cup butter melted
- ☐ 4 stalks celery sliced
- ☐ 1.5 cups chicken broth
- ☐ 3 tablespoons sage fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 2 teaspoons coarsely ground pepper
- ☐ 1 pound sausage meat

- ☐ 1 cup hazelnuts toasted chopped
- ☐ 1 large onion chopped
- ☐ 2 large pears red chopped
- ☐ 2 large pasilla peppers sweet red chopped

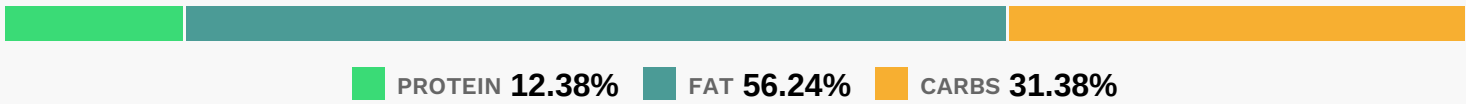
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Brown pork sausage in a large skillet, stirring until it crumbles.
- ☐ Drain sausage on paper towels. Discard drippings.
- ☐ Cook celery and onion in butter in large skillet over medium-high heat, stirring constantly, until tender.
- ☐ Add chopped pear and garlic; cook, stirring constantly, until pear is tender.
- ☐ Remove pear mixture from heat.
- ☐ Place French bread cubes in a large bowl. Stir in sausage, pear mixture, sweet pepper, and next 3 ingredients.
- ☐ Add broth, stirring gently. Spoon into a lightly greased 13- x 9- x 2-inch baking dish.
- ☐ Bake, uncovered, at 350 for 40 minutes.

Nutrition Facts



Properties

Glycemic Index:26.1, Glycemic Load:17.73, Inflammation Score:-8, Nutrition Score:20.920869443728%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 390.62kcal (19.53%), Fat: 24.96g (38.4%), Saturated Fat: 5.64g (35.23%), Carbohydrates: 31.34g (10.45%), Net Carbohydrates: 27.14g (9.87%), Sugar: 7.91g (8.79%), Cholesterol: 27.8mg (9.27%), Sodium: 679.08mg (29.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.36g (24.72%), Copper: 4.86mg (242.94%), Manganese: 1.12mg (55.92%), Vitamin C: 39.2mg (47.51%), Vitamin B1: 0.48mg (31.9%), Vitamin A: 1296.68IU (25.93%), Vitamin B3: 4.24mg (21.22%), Folate: 80.78µg (20.2%), Vitamin B6: 0.34mg (17.11%), Vitamin B2: 0.29mg (16.9%), Fiber: 4.2g (16.81%), Vitamin E: 2.48mg (16.51%), Selenium: 11.51µg (16.44%), Iron: 2.84mg (15.8%), Phosphorus: 144.21mg (14.42%), Magnesium: 46.32mg (11.58%), Zinc: 1.67mg (11.12%), Potassium: 385.12mg (11%), Vitamin K: 9.38µg (8.93%), Calcium: 65.16mg (6.52%), Vitamin B5: 0.65mg (6.47%), Vitamin B12: 0.34µg (5.61%), Vitamin D: 0.49µg (3.28%)