



Polenta and Sausage Stuffing

 Gluten Free

READY IN



300 min.

SERVINGS



8

CALORIES



467 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter unsalted for buttering pans
- ☐ 0.5 cup parsley fresh finely chopped
- ☐ 1 large garlic clove minced
- ☐ 1 pound sausage sweet italian
- ☐ 16 fluid ounces chicken broth reduced-sodium
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion chopped
- ☐ 2 ounces parmesan finely grated

- ☐ 11 ounces oats
- ☐ 2 teaspoons salt
- ☐ 6.5 cups water

Equipment

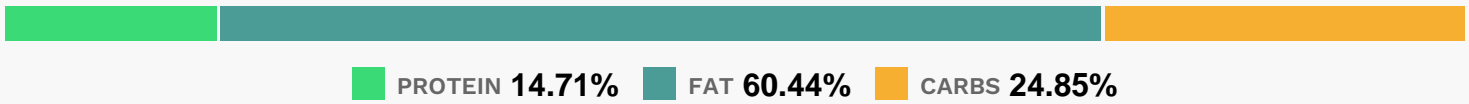
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ potato masher
- ☐ aluminum foil
- ☐ broiler
- ☐ slotted spoon
- ☐ cutting board

Directions

- ☐ Butter a shallow baking pan (15 by 10 inches). Bring 6 cups water with salt to a boil in a 4-quart heavy pot, then add polenta in a stream, stirring with a long-handled spoon, and simmer, stirring constantly, 5 minutes (polenta will be very thick).
- ☐ Add 3 tablespoons butter and stir until butter is incorporated.
- ☐ Spread polenta in buttered pan and chill, uncovered, until firm, about 15 minutes.
- ☐ While polenta is chilling, cook sausage in 1 tablespoon oil in a 10-inch heavy skillet over moderately high heat, breaking up lumps, until no longer pink, about 3 minutes, then transfer with a slotted spoon to a large bowl.
- ☐ Add onion to skillet and cook over moderate heat, stirring occasionally, until browned, about 3 minutes; add garlic and cook, stirring, until fragrant, about 30 seconds.
- ☐ Add remaining 1/2 cup water and stir up brown bits from bottom of skillet, then add onion mixture and chicken broth to sausage.

- ☐ Preheat broiler. Melt 1 tablespoon butter with remaining tablespoon oil in a small saucepan. Invert polenta onto a large cutting board, then cut half of it into 1/2-inch cubes (reserve remainder) and toss with butter mixture in a medium bowl. Return polenta cubes to baking pan, spreading evenly, and broil 3 to 4 inches from heat until golden brown in patches, 8 to 12 minutes.
- ☐ Put oven rack in upper third of oven and preheat oven to 450°F. Butter a 13- by 9-inch baking dish (3-quart capacity).
- ☐ Coarsely mash remaining polenta with a potato masher and add to sausage mixture.
- ☐ Add broiled polenta cubes, 1/2 cup cheese, parsley, and pepper to taste, and toss until combined well.
- ☐ Transfer to baking dish.
- ☐ Sprinkle top of stuffing with remaining 1/2 cup cheese and bake, covered tightly with a sheet of buttered foil (buttered side down), until heated through, about 20 minutes.
- ☐ Remove foil and bake until top is lightly browned, 10 to 15 minutes more.
- ☐ Stuffing, without parsley and cheese, can be prepared (but not baked) 1 day ahead and chilled, covered. Bring to room temperature; stir in parsley before proceeding.

Nutrition Facts



Properties

Glycemic Index:32.38, Glycemic Load:15.42, Inflammation Score:-7, Nutrition Score:20.373478339418%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 467.25kcal (23.36%), Fat: 31.93g (49.12%), Saturated Fat: 12.23g (76.45%), Carbohydrates: 29.53g (9.84%), Net Carbohydrates: 25.5g (9.27%), Sugar: 1.31g (1.46%), Cholesterol: 63.16mg (21.05%), Sodium: 1186.3mg (51.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.48g (34.97%), Manganese: 1.74mg (87.1%), Vitamin K: 65.53µg (62.41%), Selenium: 29.11µg (41.58%), Vitamin B1: 0.55mg (36.4%), Phosphorus: 334.41mg (33.44%),

Magnesium: 122.32mg (30.58%), Zinc: 2.61mg (17.41%), Iron: 2.95mg (16.41%), Fiber: 4.03g (16.12%), Vitamin B3: 3.06mg (15.31%), Copper: 0.27mg (13.26%), Calcium: 131.69mg (13.17%), Vitamin B6: 0.25mg (12.31%), Vitamin B2: 0.19mg (11.38%), Vitamin B12: 0.67µg (11.2%), Potassium: 384.59mg (10.99%), Vitamin A: 548.83IU (10.98%), Vitamin C: 7.26mg (8.8%), Vitamin E: 0.99mg (6.59%), Folate: 26.04µg (6.51%), Vitamin B5: 0.64mg (6.4%)