



Portuguese Sausage Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter
- ☐ 3 cups celery finely chopped
- ☐ 0.5 cup flat parsley chopped
- ☐ 1 teaspoon sage fresh minced
- ☐ 1 tablespoon garlic minced
- ☐ 1.8 cups chicken broth low-sodium
- ☐ 2 cups onion chopped
- ☐ 1 teaspoon poultry seasoning

- ☐ 1 cup turkey giblets smoked
- ☐ 8 ounces sausage (Portuguese sausage)

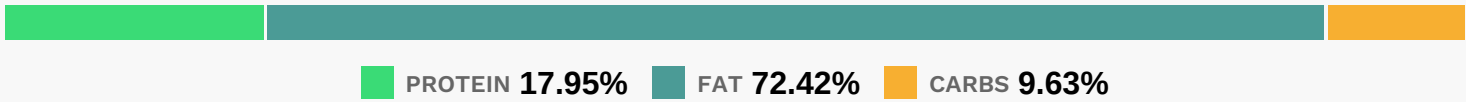
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ In a small saucepan, bring giblets and marinade to a simmer over medium heat, cover. Cook giblets 20 minutes, or until cooked through.
- ☐ Let cool; finely chop. Reserve 1/2 cup cooking liquid.
- ☐ Preheat oven to 37
- ☐ Melt butter in a 10- to 12-in. skillet over medium-high heat.
- ☐ Add celery, onion, and chopped giblets and saut, stirring occasionally, 2 minutes.
- ☐ Add 3/4 cup chicken broth, poultry seasoning, sage, and garlic. Lower heat to medium-low and cook, stirring occasionally, until celery and onion are tender, 20 minutes. Meanwhile, cut lingua in half lengthwise, then slice into 1/4-in.-thick half-moons.
- ☐ Put bread cubes in a large bowl and stir in celery mixture, lingua, and parsley. Stir in 1/2 cup giblet cooking liquid and remaining 1 cup chicken broth.
- ☐ Spoon dressing into a 4- to 5-qt. baking dish and cover loosely with foil.
- ☐ Bake 25 minutes, uncover, and cook until browned on top, 10 to 20 minutes more.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:12.44, Glycemic Load:0.56, Inflammation Score:-9, Nutrition Score:11.709130618883%

Flavonoids

Apigenin: 4.58mg, Apigenin: 4.58mg, Apigenin: 4.58mg, Apigenin: 4.58mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 129.06kcal (6.45%), Fat: 10.51g (16.16%), Saturated Fat: 5.18g (32.38%), Carbohydrates: 3.14g (1.05%), Net Carbohydrates: 2.4g (0.87%), Sugar: 1.16g (1.29%), Cholesterol: 74.7mg (24.9%), Sodium: 180.74mg (7.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.72%), Vitamin A: 2375.97IU (47.52%), Vitamin K: 38.01µg (36.2%), Vitamin B12: 2.09µg (34.83%), Copper: 0.51mg (25.33%), Folate: 62.95µg (15.74%), Vitamin B2: 0.25mg (14.85%), Vitamin B3: 2.42mg (12.12%), Selenium: 7.62µg (10.88%), Vitamin B6: 0.19mg (9.52%), Vitamin B5: 0.76mg (7.6%), Iron: 1.35mg (7.51%), Phosphorus: 74.01mg (7.4%), Zinc: 0.91mg (6.05%), Vitamin C: 4.83mg (5.86%), Manganese: 0.11mg (5.32%), Vitamin B1: 0.08mg (5.19%), Potassium: 180.55mg (5.16%), Fiber: 0.74g (2.95%), Magnesium: 11.28mg (2.82%), Calcium: 24.4mg (2.44%), Vitamin D: 0.3µg (2.02%), Vitamin E: 0.3mg (2%)