



Potato Sausage Stuffing

READY IN



45 min.

SERVINGS



12

CALORIES



364 kcal

SIDE DISH

Ingredients

- ☐ 9 cups unseasoned bread cubes soft
- ☐ 0.8 cup butter
- ☐ 1.5 cups celery chopped
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 teaspoon ground sage
- ☐ 1 pound pork sausage lean
- ☐ 2 potatoes diced peeled
- ☐ 1 teaspoon salt

☐ 0.8 cup onion diced sweet

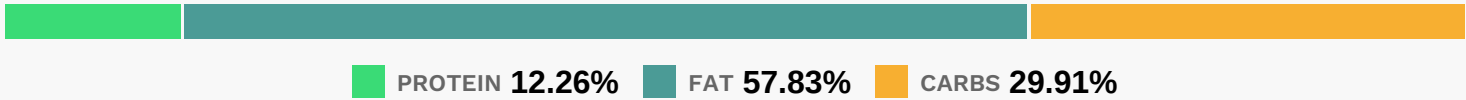
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place sausage, potatoes, celery, onion and butter in a large, deep skillet.
- ☐ Saute over medium high heat until sausage is crumbled and evenly cooked.
- ☐ Combine the bread cubes, thyme, sage, salt and pepper. Toss together with the sausage and potato mixture.
- ☐ Add chicken or vegetable broth if needed.
- ☐ Bake stuffing in a covered casserole dish for 40 to 50 minutes.

Nutrition Facts



Properties

Glycemic Index:23.7, Glycemic Load:15.32, Inflammation Score:-5, Nutrition Score:11.057826094005%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 364.25kcal (18.21%), Fat: 23.5g (36.16%), Saturated Fat: 10.93g (68.29%), Carbohydrates: 27.35g (9.12%), Net Carbohydrates: 24.57g (8.93%), Sugar: 3.36g (3.74%), Cholesterol: 57.72mg (19.24%), Sodium: 737.14mg (32.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.21g (22.42%), Manganese: 0.59mg (29.33%), Vitamin B3: 4.56mg (22.81%), Vitamin B1: 0.31mg (20.85%), Selenium: 12.45µg (17.78%), Vitamin B6: 0.29mg

(14.51%), Phosphorus: 134.73mg (13.47%), Iron: 2.32mg (12.89%), Folate: 49.16µg (12.29%), Fiber: 2.78g (11.12%), Vitamin B2: 0.18mg (10.45%), Potassium: 351.52mg (10.04%), Vitamin C: 8.24mg (9.98%), Zinc: 1.41mg (9.37%), Vitamin A: 443.29IU (8.87%), Magnesium: 33.44mg (8.36%), Vitamin K: 8.46µg (8.06%), Vitamin B5: 0.76mg (7.6%), Calcium: 71.78mg (7.18%), Copper: 0.14mg (6.83%), Vitamin B12: 0.35µg (5.76%), Vitamin E: 0.52mg (3.5%), Vitamin D: 0.49µg (3.28%)