



Prune and Apple Stuffing with Sausage

READY IN



175 min.

SERVINGS



12

CALORIES



274 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black as needed freshly ground plus more
- 0.5 pound bread sweet white such as batard
- 8 medium celery stalks
- 0.5 cup mirin dry
- 3 large eggs lightly beaten
- 2 medium apples i use 2 granny smith apples cored peeled
- 1 teaspoon ground sage as needed plus more
- 0.5 pound sausage sweet italian
- 1 teaspoon kosher salt as needed plus more

- 1 pound prune- cut to pieces pitted
- 2 tablespoons butter unsalted ()
- 2 medium onion yellow

Equipment

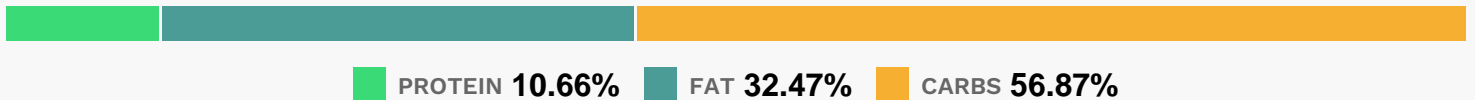
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- baking pan
- slotted spoon

Directions

- Heat the oven to 350°F and arrange a rack in the middle.
- Remove the crust from the bread.
- Cut the bread into 1/2-inch cubes and place on a baking sheet.
- Spread into an even layer and bake until light golden brown and dry to the touch, stirring halfway through, about 10 minutes total. Set aside to cool. Meanwhile, heat the vermouth in a medium saucepan over medium heat until simmering.
- Add the prunes and simmer, stirring occasionally, until the vermouth has been absorbed, about 2 minutes.
- Transfer to a large bowl and set aside.
- Heat a large frying pan over medium-high heat until hot, about 2 minutes.
- Add the sausage and, using two forks, break it into very small pieces, adjusting the heat if the sausage is browning too quickly. Cook, stirring occasionally, until no longer pink, about 4 minutes. Using a slotted spoon, transfer the sausage to the bowl with the prunes. Set the pan back over medium-high heat and add the butter. Once the butter foams, add the onions, sage, salt, and pepper and cook until the onions are softened, stirring occasionally and scraping up the browned bits from the bottom of the pan, about 6 minutes (adjust the heat if the onions are browning too quickly).

- Add the celery and cook, stirring occasionally, until starting to soften, about 6 minutes.
- Add the apples and cook, stirring occasionally, until starting to soften, about 3 minutes.
- Transfer the mixture to the bowl with the prunes and sausage.
- Add the toasted bread cubes and the eggs and stir to combine. Taste and season with additional salt, pepper, and sage as desired. If using to stuff a turkey or goose, do not bake and cool to room temperature before stuffing the bird. If baking separately, transfer to a 13-by-9-inch baking dish and bake uncovered until golden brown on top, about 35 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:19.89, Glycemic Load:12.59, Inflammation Score:-5, Nutrition Score:10.050434687863%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 274.11kcal (13.71%), Fat: 10.08g (15.51%), Saturated Fat: 3.9g (24.4%), Carbohydrates: 39.73g (13.24%), Net Carbohydrates: 35.19g (12.8%), Sugar: 19.5g (21.67%), Cholesterol: 65.88mg (21.96%), Sodium: 443.28mg (19.27%), Alcohol: 0.95g (100%), Alcohol %: 0.79% (100%), Protein: 7.45g (14.89%), Vitamin K: 25.35µg (24.14%), Selenium: 14.21µg (20.3%), Manganese: 0.4mg (19.8%), Fiber: 4.54g (18.14%), Vitamin B1: 0.22mg (14.91%), Vitamin B2: 0.22mg (13.06%), Potassium: 435.81mg (12.45%), Vitamin B3: 2.45mg (12.25%), Phosphorus: 111.98mg (11.2%), Vitamin B6: 0.21mg (10.66%), Vitamin A: 450.84IU (9.02%), Copper: 0.18mg (8.79%), Iron: 1.56mg (8.68%), Magnesium: 31.19mg (7.8%), Folate: 30.42µg (7.6%), Vitamin B5: 0.65mg (6.53%), Zinc: 0.91mg (6.08%), Calcium: 58.39mg (5.84%), Vitamin B12: 0.29µg (4.79%), Vitamin C: 3.48mg (4.22%), Vitamin E: 0.45mg (3%), Vitamin D: 0.28µg (1.9%)