



Raffy's Turkey Sausage and Chestnut Stuffing

READY IN



50 min.

SERVINGS



6

CALORIES



640 kcal

SIDE DISH

Ingredients

- 1 teaspoon pepper black freshly ground
- 8 ounce honey whole steamed roughly chopped
- 1 cup chicken stock see canned
- 0.5 pound day old cornbread cut into 1/2-inch cubes
- 6 ounce cranberries dried
- 0.3 cup cooking wine dry white
- 1 medium apples diced green cored
- 1 pound turkey sausage sweet italian
- 2 tablespoons olive oil extra-virgin

- 1 medium onion diced
- 1 cup parmesan freshly grated
- 1 medium apples diced red cored
- 1 pinch pepper flakes red
- 0.5 tablespoon salt
- 1 tablespoon butter unsalted cubed

Equipment

- bowl
- frying pan
- oven
- baking pan
- wooden spoon

Directions

- Watch how to make this recipe.
- Preheat oven to 400 degrees F.
- In a medium saute pan add the apples, onion, 1 tablespoon oil and butter cook over a medium low heat for 10 minutes to soften.
- Add the wine, cranberries, and salt and pepper, simmer for about 5 minutes. Take off the heat and allow the mixture to cool.
- In a large saute pan over medium high heat, add 1 tablespoon olive oil and turkey sausage meat and break up with a wooden spoon and cook until browned and cooked through, approximately 8 to 10 minutes.
- In a medium bowl toss together the fruit and onion mixture, the sausage, the chestnuts, the cornbread and red pepper flakes.
- Combine all the ingredients.
- Add the chicken stock, and 3/4 cup of the Parmesan. Gently place into an 8 1/2 by 8 1/2- inch glass Pyrex baking dish and top with the remaining Parmesan. Dot with butter.
- Place in middle rack and bake until top is golden brown, 45 minutes to 1 hour.

Nutrition Facts

PROTEIN 18.36% FAT 34.63% CARBS 47.01%

Properties

Glycemic Index:36.5, Glycemic Load:11.83, Inflammation Score:-7, Nutrition Score:21.655217274376%

Flavonoids

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Nutrients (% of daily need)

Calories: 640.08kcal (32%), Fat: 24.78g (38.13%), Saturated Fat: 9.47g (59.19%), Carbohydrates: 75.7g (25.23%), Net Carbohydrates: 70.79g (25.74%), Sugar: 36.37g (40.41%), Cholesterol: 95.05mg (31.68%), Sodium: 1945.73mg (84.6%), Alcohol: 1.03g (100%), Alcohol %: 0.4% (100%), Protein: 29.56g (59.12%), Vitamin C: 42.42mg (51.42%), Iron: 9.21mg (51.16%), Phosphorus: 487.15mg (48.72%), Selenium: 30.42µg (43.46%), Vitamin B6: 0.6mg (29.87%), Calcium: 290.01mg (29%), Vitamin B3: 5.07mg (25.33%), Zinc: 3.47mg (23.1%), Manganese: 0.44mg (22.01%), Fiber: 4.91g (19.64%), Vitamin B2: 0.32mg (19.07%), Copper: 0.34mg (16.96%), Potassium: 567.91mg (16.23%), Vitamin B12: 0.96µg (15.96%), Magnesium: 58.15mg (14.54%), Folate: 56.15µg (14.04%), Vitamin B1: 0.21mg (13.99%), Vitamin B5: 1.21mg (12.1%), Vitamin E: 1.78mg (11.89%), Vitamin A: 470.28IU (9.41%), Vitamin K: 9.61µg (9.15%), Vitamin D: 0.15µg (1.02%)