



Roasted Chestnut Sausage Dressing

READY IN



70 min.

SERVINGS



12

CALORIES



476 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium carrots peeled chopped
- 2 stalks celery roughly chopped
- 1 pound roasted chestnuts
- 1 large eggs
- 0.5 bunch sage fresh
- 0.5 cup heavy cream
- 12 servings kosher salt and pepper black freshly ground
- 1 cup chicken stock see low-sodium
- 12 servings olive oil extra-virgin

- 1 medium onion roughly chopped
- 1.5 pounds loose sausage sweet italian
- 5 cups sourdough bread cubed

Equipment

- food processor
- frying pan
- oven
- mixing bowl
- baking pan
- aluminum foil
- slotted spoon

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F and butter a 9 by 11-inch baking dish.
- In a food processor puree the carrot, onion, celery and sage until you have a fine pulp. Set a large skillet over medium-high heat and brown the sausage in a little olive oil. Once you have a nice brown color and the fat has rendered – about 5 minutes, use a slotted spoon to remove the sausage and place in a large mixing bowl.
- Add the vegetable pulp to the pan and saute until most of the moisture has evaporated. Season with salt and pepper.
- Add to the mixing bowl with the sausage and also add the bread crumbs and chestnuts.
- Mix together chicken stock, cream and egg.
- Pour this wet mixture over the dressing mix. Season and fold everything together.
- Pour out into the roasting dish and bake for 30 to 35 minutes until golden brown on the top (if it gets too brown before the 30 minutes is up, tent with foil).

Nutrition Facts



■ PROTEIN 9.54% ■ FAT 69.2% ■ CARBS 21.26%

Properties

Glycemic Index:25.03, Glycemic Load:14.18, Inflammation Score:-7, Nutrition Score:15.357826082603%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 476.13kcal (23.81%), Fat: 36.67g (56.42%), Saturated Fat: 10.94g (68.38%), Carbohydrates: 25.34g (8.45%), Net Carbohydrates: 24.63g (8.96%), Sugar: 1.59g (1.77%), Cholesterol: 69.8mg (23.27%), Sodium: 509.48mg (22.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.38g (22.76%), Copper: 1.53mg (76.3%), Vitamin B1: 0.47mg (31.55%), Selenium: 19.06µg (27.22%), Vitamin C: 17.57mg (21.3%), Vitamin A: 1057.99IU (21.16%), Vitamin B6: 0.35mg (17.57%), Vitamin B3: 3.18mg (15.92%), Manganese: 0.3mg (15.15%), Vitamin E: 2.23mg (14.87%), Phosphorus: 133.38mg (13.34%), Potassium: 422.39mg (12.07%), Folate: 48.29µg (12.07%), Vitamin B2: 0.2mg (12.04%), Vitamin K: 11.66µg (11.11%), Iron: 1.79mg (9.93%), Vitamin B12: 0.59µg (9.81%), Zinc: 1.46mg (9.76%), Magnesium: 27.55mg (6.89%), Vitamin B5: 0.64mg (6.4%), Calcium: 42.93mg (4.29%), Fiber: 0.72g (2.87%), Vitamin D: 0.24µg (1.61%)