



Roasted Red Pepper and Sausage Stuffing

 Dairy Free

READY IN



100 min.

SERVINGS



8

CALORIES



317 kcal

SIDE DISH

Ingredients

- ☐ 1 pound bulk chorizo sausage
- ☐ 6 stalks celery chopped
- ☐ 0.5 cup chicken broth
- ☐ 1 cup cranberries dried
- ☐ 16 ounce bread french cubed
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped

- ☐ 1 tablespoon garlic minced
- ☐ 1 teaspoon ground pepper black
- ☐ 2 tablespoons poultry seasoning
- ☐ 2 bell peppers red
- ☐ 1 teaspoon salt
- ☐ 1 onion white chopped

Equipment

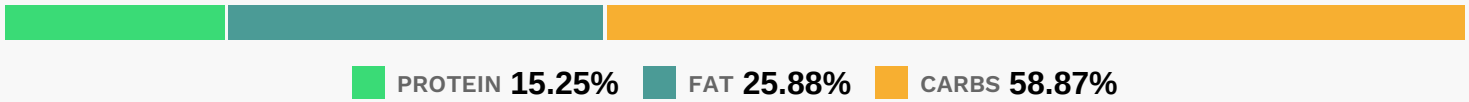
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat the oven's broiler and set the oven rack at about 6 inches from the heat source.
- ☐ Line a baking sheet with aluminum foil.
- ☐ Cut the peppers in half from top to bottom; remove the stem, seeds, and ribs, then place the peppers cut-side-down onto the prepared baking sheet.
- ☐ Cook under the preheated broiler until the skin of the peppers has blackened and blistered, about 15 minutes.
- ☐ Place the blackened peppers into a bowl, and tightly seal with plastic wrap. Allow the peppers to steam as they cool, about 20 minutes. Once cool, remove the skins and discard.
- ☐ Reduce the oven temperature to 375 degrees F (190 degrees C). Grease a 9x13-inch baking dish.

- ☐
- Meanwhile, heat a large skillet over medium-high heat and stir in the sausage. Cook and stir until the sausage is crumbly, evenly browned, and no longer pink.
- ☐
- Drain and discard any excess grease, then pour into a large mixing bowl, and allow to cool.
- ☐
- Chop the roasted peppers, and place them in the bowl with the sausage along with the bread cubes, onion, celery, cranberries, garlic, parsley, thyme, rosemary, poultry seasoning, salt, and black pepper.
- ☐
- Pour the chicken broth overtop, and stir until evenly blended. Pack the stuffing into the prepared baking dish.
- ☐
- Bake in the preheated oven until the stuffing is golden brown and crispy on top, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:38.81, Glycemic Load:23.64, Inflammation Score:-9, Nutrition Score:15.836521866043%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 1.96mg, Apigenin: 1.96mg, Apigenin: 1.96mg, Apigenin: 1.96mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 317.21kcal (15.86%), Fat: 9.27g (14.26%), Saturated Fat: 4.97g (31.06%), Carbohydrates: 47.45g (15.82%), Net Carbohydrates: 43.69g (15.89%), Sugar: 15.96g (17.74%), Cholesterol: 40.29mg (13.43%), Sodium: 714.48mg (31.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.3g (24.59%), Vitamin C: 52.9mg (64.12%), Vitamin B1: 0.44mg (29.48%), Vitamin A: 1471.23IU (29.42%), Manganese: 0.56mg (28.11%), Vitamin K: 28.53µg (27.17%), Folate: 99.72µg (24.93%), Selenium: 16.81µg (24.02%), Iron: 3.72mg (20.66%), Vitamin B2: 0.31mg (18.21%), Vitamin B3: 3.32mg (16.58%), Fiber: 3.76g (15.04%), Vitamin B6: 0.22mg (11.12%), Phosphorus: 85.27mg (8.53%), Magnesium: 31.94mg (7.99%), Calcium: 78.19mg (7.82%), Potassium: 261.25mg (7.46%), Copper: 0.14mg (7.01%), Vitamin E: 1.02mg (6.78%), Zinc: 0.82mg (5.48%), Vitamin B5: 0.43mg (4.26%)