



Rye Stuffing with Italian Sausage, Pears, and Chestnuts

 Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



368 kcal

SIDE DISH

Ingredients

- 1 cup honey steamed peeled halved
- 2 large eggs
- 1.5 teaspoons thyme sprigs fresh chopped
- 1 pound ground sausage italian
- 1 teaspoon kosher salt
- 1.5 cups chicken broth reduced-sodium
- 2 tablespoons olive oil

- 2 pears cored sliced
- 1 pound cocktail rye bread (from a crusty loaf)

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 35
- Heat oil in a large frying pan over high heat.
- Add sausage and cook, stirring occasionally, until browned, about 7 minutes. Put sausage in a large bowl.
- Add bread, pears, and chestnuts.
- Mix broth, eggs, salt, and thyme in a second bowl and pour over bread mixture, tossing gently to mix.
- Transfer mixture to a greased 9- by 13-in. baking dish.
- Bake stuffing until firm to the touch and starting to brown on top, about 45 minutes.

Nutrition Facts



PROTEIN 13.77% **FAT 48.71%** **CARBS 37.52%**

Properties

Glycemic Index:21.61, Glycemic Load:15.18, Inflammation Score:-5, Nutrition Score:12.683043355527%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-

gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 367.76kcal (18.39%), Fat: 19.9g (30.62%), Saturated Fat: 6.2g (38.76%), Carbohydrates: 34.5g (11.5%), Net Carbohydrates: 30.72g (11.17%), Sugar: 5.3g (5.89%), Cholesterol: 71.67mg (23.89%), Sodium: 863.19mg (37.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.67g (25.33%), Selenium: 28.37µg (40.53%), Vitamin B1: 0.48mg (32.23%), Manganese: 0.47mg (23.69%), Vitamin B3: 3.91mg (19.55%), Vitamin B2: 0.3mg (17.5%), Folate: 69.14µg (17.29%), Phosphorus: 161.55mg (16.16%), Fiber: 3.78g (15.11%), Iron: 2.34mg (12.98%), Vitamin B6: 0.25mg (12.62%), Copper: 0.24mg (11.84%), Vitamin C: 8.85mg (10.73%), Zinc: 1.61mg (10.7%), Potassium: 346.71mg (9.91%), Vitamin B12: 0.54µg (8.95%), Magnesium: 33.32mg (8.33%), Vitamin B5: 0.67mg (6.71%), Calcium: 55.6mg (5.56%), Vitamin E: 0.7mg (4.67%), Vitamin K: 3.83µg (3.64%), Vitamin A: 84.05IU (1.68%), Vitamin D: 0.2µg (1.33%)