



Sage Stuffing

READY IN



4500 min.

SERVINGS



10

CALORIES



895 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 8 cups coarse bread crumbs fresh white with crust removed)
- ☐ 1 cup celery finely chopped
- ☐ 4 cups coarsely buttermilk corn bread crumbled
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 cup flat-leaf parsley fresh finely chopped
- ☐ 3 tablespoons sage fresh finely chopped
- ☐ 0.5 cup heavy cream
- ☐ 1 cup chicken broth low-sodium

- ☐ 1.5 cups onions finely chopped
- ☐ 1 teaspoon salt
- ☐ 1 turkey liver) trimmed finely chopped
- ☐ 1 cup butter unsalted

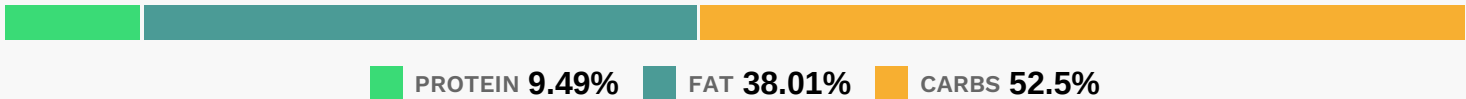
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 325°F.
- ☐ Spread all bread crumbs in 2 shallow baking pans and bake in upper and lower thirds of oven until dry, about 15 minutes total. Cool crumbs in pans on racks, then transfer to a large bowl and stir in parsley, sage, salt, and pepper.
- ☐ Melt butter in a 12-inch heavy skillet over moderate heat, then add onions and liver and cook, stirring occasionally, until onions are softened, 8 to 10 minutes.
- ☐ Add celery and cook, stirring occasionally, 5 minutes.
- ☐ Transfer to bowl with crumbs and toss well.
- ☐ Add eggs, stock, and cream and toss well.
- ☐ Transfer stuffing to a buttered 2 1/2- to 3-quart shallow baking dish.
- ☐ Bake, covered, in middle of oven 30 minutes, then uncover and bake until browned, about 30 minutes more.
- ☐ • Stuffing can be assembled (but not baked) 2 days ahead and chilled, covered. Bring to room temperature before baking.

Nutrition Facts



Properties

Glycemic Index:12.3, Glycemic Load:0.57, Inflammation Score:-9, Nutrition Score:32.965217445208%

Flavonoids

Apigenin: 3.52mg, Apigenin: 3.52mg, Apigenin: 3.52mg, Apigenin: 3.52mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

Nutrients (% of daily need)

Calories: 894.53kcal (44.73%), Fat: 37.81g (58.16%), Saturated Fat: 19.46g (121.62%), Carbohydrates: 117.51g (39.17%), Net Carbohydrates: 110.67g (40.25%), Sugar: 22.09g (24.55%), Cholesterol: 168.57mg (56.19%), Sodium: 1471.96mg (64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.24g (42.49%), Copper: 5.81mg (290.41%), Vitamin B1: 1.06mg (70.41%), Manganese: 1.26mg (62.77%), Phosphorus: 575.96mg (57.6%), Selenium: 36.23µg (51.76%), Folate: 186.72µg (46.68%), Vitamin B3: 8.48mg (42.41%), Vitamin B2: 0.69mg (40.65%), Iron: 6.94mg (38.54%), Vitamin K: 39.02µg (37.16%), Calcium: 330.08mg (33.01%), Vitamin A: 1613.47IU (32.27%), Fiber: 6.84g (27.35%), Vitamin B12: 1.42µg (23.66%), Magnesium: 64.3mg (16.07%), Vitamin B5: 1.57mg (15.7%), Zinc: 2.31mg (15.41%), Vitamin B6: 0.28mg (14.23%), Potassium: 434.84mg (12.42%), Vitamin E: 1.37mg (9.12%), Vitamin C: 5.04mg (6.11%), Vitamin D: 0.73µg (4.87%)