



Sausage and Apple Stuffing

READY IN



90 min.

SERVINGS



12

CALORIES



178 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup unfiltered apple cider
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 12 ounces inch sourdough bread cubes
- ☐ 6 ounces mild breakfast sausage italian
- ☐ 1 cup celery chopped
- ☐ 1.3 cups no-salt-added chicken stock such as Swanson
- ☐ 2 large eggs lightly beaten
- ☐ 1.3 cups fennel bulb chopped
- ☐ 0.3 cup flat-leaf parsley fresh chopped

- ☐ 3 tablespoons sage fresh chopped
- ☐ 6 garlic cloves minced
- ☐ 3 cups golden delicious apple peeled chopped 2 medium
- ☐ 1.5 cups onion chopped

Equipment

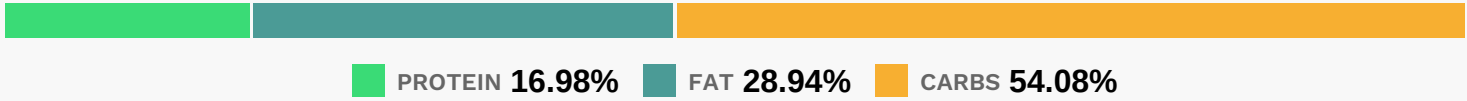
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350
- ☐ Arrange bread cubes in a single layer on a large baking sheet or jelly-roll pan.
- ☐ Bake at 350 for 20 minutes or until golden. Cool slightly.
- ☐ Place in a large bowl.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add sausage to pan, and cook for 5 minutes or until browned, stirring frequently to crumble.
- ☐ Add sausage to bread in bowl.
- ☐ Return pan to medium-high heat.
- ☐ Add onion, fennel, and celery to pan; saut for 7 minutes or until crisp-tender, stirring occasionally. Stir in apple and garlic; saut for 5 minutes or until vegetables are tender.
- ☐ Add sage to pan; cook for 1 minute, stirring occasionally.
- ☐ Remove from heat; stir in parsley.
- ☐ Add onion mixture to bread mixture; toss well to combine.
- ☐ Combine chicken stock, apple cider, eggs, and black pepper in a medium bowl, stirring with a whisk.

- ☐
- Add egg mixture to bread mixture, stirring gently to combine. Spoon bread mixture into an 11 x 7inch glass or ceramic baking dish coated with cooking spray.
- ☐
- Bake at 350 for 45 minutes or until top of stuffing is browned.

Nutrition Facts



Properties

Glycemic Index:32.19, Glycemic Load:13.72, Inflammation Score:-5, Nutrition Score:13.758260934249%

Flavonoids

Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.95mg, Epicatechin: 1.95mg, Epicatechin: 1.95mg, Epicatechin: 1.95mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Apigenin: 3.83mg, Apigenin: 3.83mg, Apigenin: 3.83mg, Apigenin: 3.83mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg

Nutrients (% of daily need)

Calories: 178.41kcal (8.92%), Fat: 5.74g (8.84%), Saturated Fat: 1.81g (11.29%), Carbohydrates: 24.15g (8.05%), Net Carbohydrates: 21.8g (7.93%), Sugar: 6.69g (7.44%), Cholesterol: 41.96mg (13.99%), Sodium: 322.75mg (14.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.58g (15.16%), Copper: 4.65mg (232.68%), Vitamin K: 36.63µg (34.88%), Manganese: 0.41mg (20.28%), Vitamin B1: 0.28mg (18.66%), Selenium: 11.64µg (16.62%), Folate: 52.99µg (13.25%), Vitamin B2: 0.22mg (13.24%), Vitamin B3: 2.61mg (13.04%), Iron: 1.94mg (10.78%), Fiber: 2.35g (9.42%), Phosphorus: 91.92mg (9.19%), Vitamin B6: 0.17mg (8.74%), Potassium: 253.64mg (7.25%), Vitamin C: 5.71mg (6.92%), Zinc: 0.89mg (5.91%), Magnesium: 23.23mg (5.81%), Vitamin A: 263.69IU (5.27%), Calcium: 51.33mg (5.13%), Vitamin B5: 0.43mg (4.26%), Vitamin B12: 0.19µg (3.24%), Vitamin D: 0.35µg (2.34%), Vitamin E: 0.33mg (2.21%)