



Sausage-and-Bread Stuffing

 Dairy Free

READY IN



120 min.

SERVINGS



30

CALORIES



174 kcal

SIDE DISH

Ingredients

- 2 cup carrots diced finely
- 1.5 cups rib inner celery diced finely ()
- 2 sage chopped
- 30 servings salt and pepper freshly ground
- 2.5 cups onion diced sweet finely
- 2 thyme leaves chopped
- 1 turkey breakfast sausage
- 3 turkey stock

- 40 cups sandwich bread white cut into 1-inch cubes

Equipment

- bowl
- frying pan
- baking sheet
- oven
- baking pan

Directions

- Preheat the oven to 350 and butter a large baking dish.
- Spread the bread cubes on a baking sheet and toast for 25 minutes, stirring, until lightly browned and crisp.
- Meanwhile, in a large, deep skillet, melt the 1 stick of butter.
- Pour half of the butter into a small bowl and reserve.
- Add the celery, carrots and onion to the skillet and cook over moderately high heat, stirring occasionally, until softened and just beginning to brown, about 8 minutes. Scrape the vegetables into a large bowl.
- Add the sausage to the skillet in lumps and cook over moderately high heat, breaking it up with a spoon, until lightly browned and cooked through, about 6 minutes. Return the vegetables to the skillet, add the sage and thyme and cook for 1 minute.
- Add 1 cup of the stock and cook, scraping up any bits stuck to the pan, until nearly evaporated, about 5 minutes.
- Scrape the sausage mixture into the large bowl and add the toasted bread cubes.
- Add the remaining 2 cups of stock and stir until the bread is evenly moistened. Season with salt and freshly ground pepper.
- Spread the stuffing in the baking dish and brush with the reserved melted butter.
- Bake the stuffing in the center of the oven for about 1 hour, until it is heated through and the top is browned and crisp.
- Let the stuffing stand for 10 minutes before serving.

Nutrition Facts

PROTEIN 14.02% FAT 12.75% CARBS 73.23%

Properties

Glycemic Index:7.55, Glycemic Load:21.37, Inflammation Score:-8, Nutrition Score:9.1504347512256%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 174.37kcal (8.72%), Fat: 2.46g (3.78%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 31.72g (10.57%), Net Carbohydrates: 29.78g (10.83%), Sugar: 4.44g (4.93%), Cholesterol: 0.68mg (0.22%), Sodium: 502.49mg (21.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.15%), Vitamin A: 1483.3IU (29.67%), Vitamin B1: 0.32mg (21.36%), Selenium: 14.05µg (20.06%), Manganese: 0.39mg (19.58%), Folate: 75.59µg (18.9%), Vitamin B3: 3.04mg (15.21%), Calcium: 137.31mg (13.73%), Iron: 2.12mg (11.8%), Vitamin B2: 0.16mg (9.41%), Phosphorus: 78.58mg (7.86%), Fiber: 1.94g (7.75%), Magnesium: 19.98mg (4.99%), Copper: 0.1mg (4.96%), Vitamin B6: 0.1mg (4.81%), Vitamin K: 4.76µg (4.53%), Potassium: 147.01mg (4.2%), Zinc: 0.6mg (4.02%), Vitamin B5: 0.39mg (3.94%), Vitamin C: 1.62mg (1.97%), Vitamin E: 0.22mg (1.5%)