



Sausage and Chestnut Stuffing

READY IN



45 min.

SERVINGS



8

CALORIES



327 kcal

SIDE DISH

Ingredients

- ☐ 1 day-old baguette cut into 1/2-inch pieces (8 cups)
- ☐ 3 medium carrots diced
- ☐ 2 stalks celery diced
- ☐ 1 cup honey canned chopped
- ☐ 0.8 cup flat-leaf parsley fresh finely chopped
- ☐ 2 teaspoons thyme leaves fresh
- ☐ 0.8 pound sausage italian
- ☐ 8 servings kosher salt and pepper
- ☐ 3 cups chicken broth low-sodium warmed

- ☐ 2 tablespoons olive oil unsalted
- ☐ 2 medium onions diced yellow

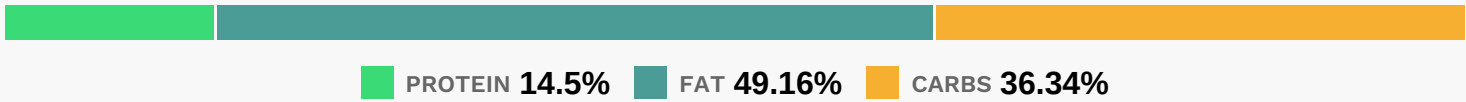
Equipment

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

Directions

- ☐ Heat oven to 400 F. Cook 3/4 pound Italian sausage, crumbling it with the back of a spoon.
- ☐ Heat the oil in a large skillet over medium heat.
- ☐ Add the onions and cook until golden brown, about 8 minutes.
- ☐ Add the carrots and celery and cook until soft, about 6 minutes.
- ☐ Add 1 1/2 teaspoons salt, 3/4 teaspoon pepper, the parsley, and thyme and cook for 1 minute.In a large bowl, combine the bread, vegetables, and broth. Stir in the sausage and chestnuts.
- ☐ Transfer to a baking dish.
- ☐ Bake for 20 minutes, until heated through.Make-Ahead Note: Prepare the stuffing for baking up to 1 day in advance.

Nutrition Facts



Properties

Glycemic Index:42.07, Glycemic Load:16.07, Inflammation Score:-10, Nutrition Score:19.703478132901%

Flavonoids

Apigenin: 12.42mg, Apigenin: 12.42mg, Apigenin: 12.42mg, Apigenin: 12.42mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 5.69mg, Quercetin:

5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 326.67kcal (16.33%), Fat: 17.92g (27.57%), Saturated Fat: 6.99g (43.71%), Carbohydrates: 29.8g (9.93%), Net Carbohydrates: 27.62g (10.04%), Sugar: 4.01g (4.46%), Cholesterol: 39.84mg (13.28%), Sodium: 753.14mg (32.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.9g (23.79%), Vitamin K: 99.49µg (94.75%), Vitamin A: 4456.66IU (89.13%), Vitamin B1: 0.48mg (32.28%), Vitamin C: 20.01mg (24.26%), Selenium: 16.16µg (23.09%), Vitamin B3: 4.58mg (22.92%), Folate: 69.26µg (17.31%), Manganese: 0.33mg (16.32%), Vitamin B6: 0.31mg (15.54%), Phosphorus: 146.43mg (14.64%), Iron: 2.52mg (13.99%), Vitamin B2: 0.24mg (13.92%), Potassium: 483.4mg (13.81%), Copper: 0.23mg (11.4%), Zinc: 1.37mg (9.14%), Fiber: 2.18g (8.72%), Vitamin B12: 0.48µg (8.02%), Magnesium: 30.61mg (7.65%), Calcium: 76.02mg (7.6%), Vitamin B5: 0.57mg (5.69%), Vitamin E: 0.4mg (2.65%)