



WHATShEATE



Sausage and Cranberry Baked Stuffing

READY IN



535 min.

SERVINGS



12

CALORIES



587 kcal

SIDE DISH

Ingredients

- ☐ 8 cups bread french packed
- ☐ 1 lb pork sausage
- ☐ 2 stalks celery with leaves), chopped (1 1/2 cups)
- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon sage dried
- ☐ 0.5 cup cranberries dried
- ☐ 1 cup chicken broth (from 32-oz carton)
- ☐ 1 cup milk
- ☐ 2 eggs beaten

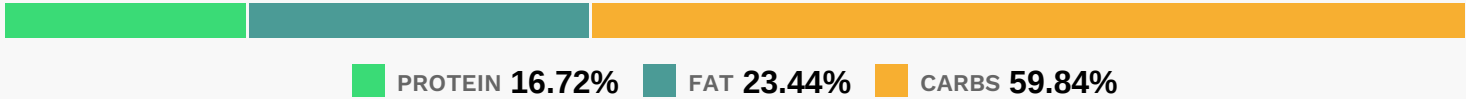
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch glass baking dish with cooking spray.
- ☐ Place bread cubes in baking dish.
- ☐ In 10-inch skillet, cook sausage, celery and onion over medium heat, stirring occasionally, until sausage is no longer pink and vegetables are tender; drain.
- ☐ Add sausage mixture, sage and cranberries to baking dish; mix lightly with bread cubes. In medium bowl, beat broth, milk and eggs with fork or wire whisk until well mixed; pour over bread and stir gently to soak all bread cubes in milk mixture. Cover and refrigerate at least 8 hours but no longer than 12 hours.
- ☐ Bake uncovered 35 to 40 minutes or until knife inserted in center comes out clean and top is golden brown.

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:63.63, Inflammation Score:-7, Nutrition Score:24.060869128808%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.33mg,

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 587.06kcal (29.35%), Fat: 15.31g (23.56%), Saturated Fat: 4.78g (29.89%), Carbohydrates: 87.96g (29.32%), Net Carbohydrates: 84g (30.55%), Sugar: 12.41g (13.79%), Cholesterol: 57.33mg (19.11%), Sodium: 1286.56mg (55.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.59g (49.17%), Vitamin B1: 1.25mg (83.17%), Selenium: 47.92µg (68.45%), Folate: 201.49µg (50.37%), Vitamin B3: 9.51mg (47.53%), Vitamin B2: 0.8mg (47.05%), Manganese: 0.88mg (43.87%), Iron: 6.78mg (37.69%), Copper: 0.53mg (26.69%), Phosphorus: 256.45mg (25.64%), Zinc: 2.68mg (17.86%), Vitamin B6: 0.32mg (16.21%), Fiber: 3.96g (15.85%), Magnesium: 61.02mg (15.26%), Calcium: 120.52mg (12.05%), Potassium: 352.32mg (10.07%), Vitamin B5: 1.01mg (10.06%), Vitamin B12: 0.5µg (8.34%), Vitamin D: 0.86µg (5.74%), Vitamin E: 0.62mg (4.16%), Vitamin K: 3.7µg (3.53%), Vitamin A: 131.35IU (2.63%), Vitamin C: 0.97mg (1.18%)