



Sausage-and-Fennel Stuffing

READY IN



20 min.

SERVINGS



8

CALORIES



262 kcal

SIDE DISH

Ingredients

- ☐ 8 slices day-old bread cut into 1-inch pieces (5 cups)
- ☐ 1 cup celery finely chopped
- ☐ 4 cups fennel bulbs cored chopped ()
- ☐ 2 teaspoons fennel seeds
- ☐ 0.3 cup parsley fresh minced
- ☐ 2 tablespoons thyme leaves fresh minced
- ☐ 1 pound turkey sausage sweet italian
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 1 tablespoon olive oil

- ☐ 1 cup onion chopped
- ☐ 8 servings salt and pepper
- ☐ 4 tablespoons butter unsalted

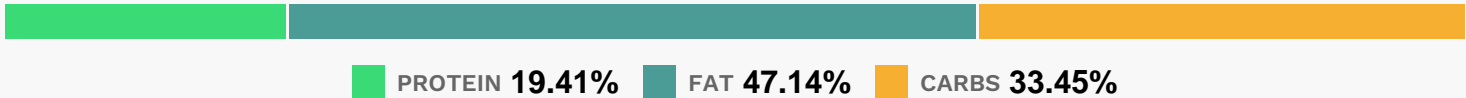
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ In a large skillet over medium heat, warm oil.
- ☐ Add sausage and cook, stirring to break it up, until cooked through, about 7 minutes.
- ☐ Remove sausage to a plate.
- ☐ Melt butter in same skillet.
- ☐ Add fennel, onion and celery; season with salt and pepper. Cover and cook, stirring occasionally, until vegetables are just tender, about 10 minutes. Stir in herbs and fennel seeds.
- ☐ Transfer vegetable mixture to a large bowl.
- ☐ Add bread pieces and mix well. Season with salt and pepper, if desired. Stir in broth. Mist a 9-by-13-inch baking dish with cooking spray and spoon in stuffing.
- ☐ Preheat oven to 350F. Cover baking dish with foil and bake for 30 minutes.
- ☐ Remove foil and bake until top is golden and crispy, about 20 minutes longer.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.96, Glycemic Load:8.54, Inflammation Score:-9, Nutrition Score:16.957826186781%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Apigenin: 4.45mg, Apigenin: 4.45mg, Apigenin: 4.45mg, Apigenin: 4.45mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 261.74kcal (13.09%), Fat: 13.99g (21.53%), Saturated Fat: 6.05g (37.83%), Carbohydrates: 22.34g (7.45%), Net Carbohydrates: 18.32g (6.66%), Sugar: 6.18g (6.87%), Cholesterol: 45.1mg (15.03%), Sodium: 892.79mg (38.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.96g (25.92%), Vitamin K: 64.76µg (61.68%), Iron: 7.39mg (41.08%), Vitamin C: 29.78mg (36.1%), Selenium: 21.18µg (30.26%), Manganese: 0.56mg (27.98%), Vitamin B3: 4.28mg (21.41%), Phosphorus: 183.08mg (18.31%), Fiber: 4.03g (16.11%), Vitamin B6: 0.31mg (15.64%), Folate: 52.27µg (13.07%), Vitamin B2: 0.21mg (12.58%), Potassium: 437.23mg (12.49%), Vitamin A: 614.28IU (12.29%), Vitamin B1: 0.18mg (11.76%), Zinc: 1.73mg (11.52%), Magnesium: 42.39mg (10.6%), Calcium: 95.93mg (9.59%), Vitamin B5: 0.86mg (8.6%), Copper: 0.17mg (8.6%), Vitamin E: 0.77mg (5.15%), Vitamin B12: 0.27µg (4.51%)