



Sausage-and-Herb Dressing

 Dairy Free

READY IN



45 min.

SERVINGS



13

CALORIES



664 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup celery chopped
- ☐ 1.5 teaspoons thyme leaves dried
- ☐ 1 large eggs lightly beaten
- ☐ 1.5 cups less-sodium chicken broth fat-free
- ☐ 2 cups fennel bulb chopped
- ☐ 12 cups bread french cubed (1-inch) (1[1-pound] loaf)
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 garlic cloves minced

- ☐ 1 cup green onions thinly sliced
- ☐ 8 ounce turkey sausage sweet italian crumbled
- ☐ 2 cups onion chopped
- ☐ 1.5 teaspoons oregano dried
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons stick margarine

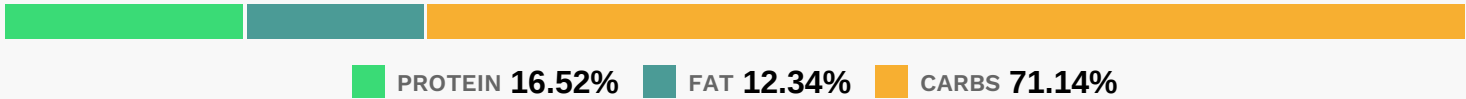
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 37
- ☐ Melt the butter in a Dutch oven over medium-high heat.
- ☐ Add sausage; cook 4 minutes or until browned.
- ☐ Add chopped onion, fennel, celery, and garlic; saut 8 minutes. Stir in broth and next 4 ingredients (broth through salt), scraping pan to loosen browned bits.
- ☐ Remove from heat. Stir in bread, green onions, and egg. Spoon into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Bake at 375 for 35 minutes.

Nutrition Facts



Properties

Glycemic Index:21.81, Glycemic Load:88.35, Inflammation Score:-9, Nutrition Score:33.303913064625%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Apigenin: 3.43mg, Apigenin: 3.43mg, Apigenin: 3.43mg, Apigenin: 3.43mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.23mg, Isorhamnetin: 1.23mg, Isorhamnetin: 1.23mg, Isorhamnetin: 1.23mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg

Nutrients (% of daily need)

Calories: 664kcal (33.2%), Fat: 9.16g (14.09%), Saturated Fat: 2.28g (14.28%), Carbohydrates: 118.76g (39.59%), Net Carbohydrates: 112.49g (40.91%), Sugar: 12.53g (13.93%), Cholesterol: 23.55mg (7.85%), Sodium: 1713.46mg (74.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.58g (55.17%), Vitamin B1: 1.59mg (105.86%), Selenium: 68.48µg (97.83%), Folate: 289.94µg (72.49%), Manganese: 1.27mg (63.42%), Iron: 10.92mg (60.69%), Vitamin B2: 1.01mg (59.4%), Vitamin B3: 11.53mg (57.63%), Vitamin K: 55.76µg (53.11%), Phosphorus: 292.74mg (29.27%), Fiber: 6.26g (25.05%), Magnesium: 83.56mg (20.89%), Copper: 0.39mg (19.61%), Zinc: 2.84mg (18.93%), Vitamin B6: 0.37mg (18.35%), Vitamin C: 12.63mg (15.31%), Calcium: 149.72mg (14.97%), Potassium: 441.85mg (12.62%), Vitamin B5: 1.05mg (10.5%), Vitamin A: 377.8IU (7.56%), Vitamin E: 0.77mg (5.12%), Vitamin B12: 0.16µg (2.73%)