



Sausage and Mushroom Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



398 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black
- 5 cups sandwich bread white cubed (1-inch) (7 (1-ounce)
- 5 cups bread whole wheat cubed (1-inch) (7 (1-ounce)
- 1.5 cups celery finely chopped
- 0.5 teaspoon marjoram dried
- 1 teaspoon rosemary dried
- 1 teaspoon rubbed sage dried
- 1 teaspoon thyme dried

- 0.3 cup parsley fresh chopped
- 1 pound turkey sausage italian
- 8 ounce mushrooms (2 cups)
- 3 cups onion finely chopped
- 1.5 cups turkey stock homemade
- 1 teaspoon vegetable oil

Equipment

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

Directions

- Preheat oven to 25
- Place bread in a single layer on 2 baking sheets.
- Bake at 250 for 1 hour or until dry. Set aside.
- Remove casings from sausage. Cook the sausage in a large nonstick skillet coated with cooking spray over medium heat until browned, stirring to crumble.
- Place sausage in a large bowl.
- Heat oil in pan over medium heat.
- Add the onion, celery, and mushrooms; cover and cook 10 minutes or until vegetables are tender, stirring occasionally.
- Remove from heat; stir in thyme and the next 4 ingredients (thyme through pepper).
- Add the onion mixture, bread, and parsley to sausage; toss gently to combine.
- Add Homemade Turkey Stock, and stir until moist.
- Increase oven temperature to 35

Spoon the bread mixture into a 13 x 9-inch baking dish coated with cooking spray. Cover and bake at 350 for 15 minutes. Uncover and bake an additional 20 minutes or until top is crusty.

Nutrition Facts



PROTEIN 21.55% **FAT 18.85%** **CARBS 59.6%**

Properties

Glycemic Index:30.79, Glycemic Load:33.11, Inflammation Score:-7, Nutrition Score:26.055652120839%

Flavonoids

Apigenin: 3.95mg, Apigenin: 3.95mg, Apigenin: 3.95mg, Apigenin: 3.95mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg

Nutrients (% of daily need)

Calories: 397.73kcal (19.89%), Fat: 8.36g (12.86%), Saturated Fat: 2.35g (14.7%), Carbohydrates: 59.47g (19.82%), Net Carbohydrates: 51.59g (18.76%), Sugar: 9.28g (10.31%), Cholesterol: 20.92mg (6.97%), Sodium: 939.76mg (40.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.51g (43.01%), Manganese: 2.33mg (116.73%), Selenium: 40.84µg (58.35%), Iron: 7.27mg (40.39%), Vitamin B3: 7.91mg (39.56%), Vitamin K: 41.4µg (39.43%), Vitamin B1: 0.56mg (37.07%), Phosphorus: 340.26mg (34.03%), Fiber: 7.87g (31.49%), Magnesium: 99.92mg (24.98%), Vitamin B6: 0.47mg (23.59%), Vitamin B2: 0.4mg (23.26%), Calcium: 228.46mg (22.85%), Vitamin C: 17.57mg (21.29%), Folate: 84.91µg (21.23%), Zinc: 2.95mg (19.69%), Copper: 0.39mg (19.43%), Potassium: 536.48mg (15.33%), Vitamin B5: 1.45mg (14.49%), Vitamin A: 261.06IU (5.22%), Vitamin E: 0.68mg (4.52%), Vitamin B12: 0.17µg (2.83%)