

Sausage and Mushroom Stuffing

airy Free



1 teaspoon thyme dried



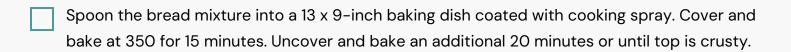


SIDE DISH

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

	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		
— 9	bowl	
H	frying pan	
H		
H	baking sheet	
H	oven	
Ш	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	



Nutrition Facts



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, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 0.26mg, Isorhamneti

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: Og (100%), Alcohol %: O% (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%)