



Sausage-and-Smoked Mussel Stuffing

READY IN



81 min.

SERVINGS



8

CALORIES



632 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce bread french
- ☐ 3 tablespoons butter cut into pieces
- ☐ 3 rib celery stalks chopped
- ☐ 3 cups chicken broth
- ☐ 3 large eggs lightly beaten
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 3 garlic clove finely chopped
- ☐ 2 pounds ground sausage italian

- ☐ 3.7 ounce mussels smoked coarsely chopped canned tinned
- ☐ 0.5 teaspoon pepper
- ☐ 0.8 teaspoon salt
- ☐ 3 shallots halved thinly sliced

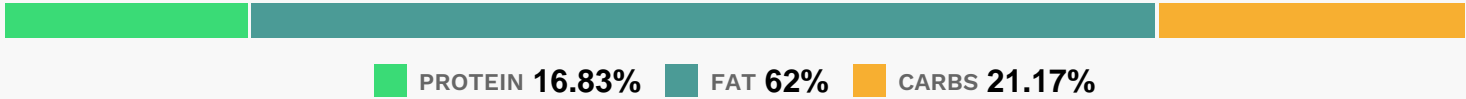
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 40
- ☐ Arrange bread pieces in a single layer on 2 baking sheets; bake about 10 minutes or until bread is toasted but not browned.
- ☐ Transfer to an extra-large bowl.
- ☐ Meanwhile, cook sausage in a skillet over medium-high heat, stirring constantly, 10 minutes or until sausage crumbles and is no longer pink.
- ☐ Add sausage to bowl with toasted bread pieces using a slotted spoon. Reserve drippings in skillet.
- ☐ Cook shallots and next 2 ingredients in hot drippings over medium-high heat, stirring constantly, 6 to 8 minutes or until tender. Stir in mussels and next 4 ingredients. Spoon mixture into sausage mixture, tossing until all ingredients are well blended.
- ☐ Add broth and eggs, stirring until well blended.
- ☐ Transfer mixture to a lightly greased 3-quart baking dish; top evenly with butter pieces. Cover with aluminum foil.
- ☐ Bake 30 minutes; uncover and bake 10 more minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:51.19, Glycemic Load:23.57, Inflammation Score:-8, Nutrition Score:22.680869517119%

Flavonoids

Apigenin: 3.26mg, Apigenin: 3.26mg, Apigenin: 3.26mg, Apigenin: 3.26mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 632.23kcal (31.61%), Fat: 43.32g (66.65%), Saturated Fat: 16.42g (102.6%), Carbohydrates: 33.28g (11.09%), Net Carbohydrates: 31.5g (11.45%), Sugar: 3.84g (4.27%), Cholesterol: 170.83mg (56.94%), Sodium: 1797.09mg (78.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.46g (52.91%), Selenium: 53.75µg (76.78%), Vitamin B1: 1.09mg (72.89%), Manganese: 0.71mg (35.7%), Vitamin B2: 0.6mg (35.01%), Vitamin B3: 6.8mg (33.99%), Vitamin B12: 2.02µg (33.65%), Phosphorus: 284.93mg (28.49%), Iron: 4.6mg (25.55%), Vitamin K: 25.84µg (24.61%), Vitamin B6: 0.49mg (24.38%), Folate: 96.61µg (24.15%), Zinc: 3.12mg (20.79%), Potassium: 469.54mg (13.42%), Copper: 0.23mg (11.53%), Vitamin B5: 1.15mg (11.48%), Magnesium: 44.17mg (11.04%), Vitamin C: 7.31mg (8.86%), Vitamin A: 415.57IU (8.31%), Calcium: 78.86mg (7.89%), Fiber: 1.78g (7.12%), Vitamin E: 0.53mg (3.52%), Vitamin D: 0.38µg (2.5%)