

**1%**
HEALTH SCORE

Sausage and Sour-Cherry Stuffing

 Dairy Free

READY IN

**45 min.**

SERVINGS

**8**

CALORIES

**177 kcal**

SIDE DISH

Ingredients

- 2 cups bread crumbs italian trimmed (of crust)
- 2 tablespoons olive oil
- 0.8 cup onion red peeled very thinly sliced
- 2 small garlic clove minced
- 1 serving salt and pepper freshly ground
- 6 ounces sausage sweet italian ()
- 2 ounces cherries dried sour coarsely chopped
- 1 teaspoon rosemary leaves fresh finely chopped

- 0.3 cup chicken stock see
- 3 tablespoons parsley fresh coarsely chopped

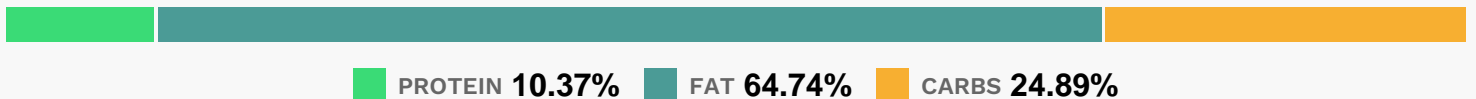
Equipment

- frying pan
- baking sheet
- oven

Directions

- Heat oven to 400 degrees.
- Spread bread in a single layer on a rimmed baking sheet and toast, stirring occasionally, until golden brown, about 10 minutes.
- Let stand until cool.
- Make stuffing: Set a large skillet over medium-high heat until hot, then heat the oil.
- Add onion and garlic, and season with salt and pepper. Cook, stirring occasionally, until onion is translucent, about 3 minutes.
- Add sausage and cook, breaking it up with the back of a spoon, until cooked through, about 3 minutes. Stir in cherries and rosemary, and cook 1 minute more.
- Pour in stock and stir to combine, then stir in bread, making sure all parts are moistened with liquid.
- Remove from heat and stir in parsley. Adjust seasoning as desired, before proceeding with the Stuffed Turkey Breast recipe.

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:0.43, Inflammation Score:-4, Nutrition Score:4.6708695681199%

Flavonoids

Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 177.38kcal (8.87%), Fat: 12.78g (19.67%), Saturated Fat: 4.26g (26.65%), Carbohydrates: 11.06g (3.69%), Net Carbohydrates: 9.83g (3.57%), Sugar: 6.65g (7.38%), Cholesterol: 16.46mg (5.49%), Sodium: 222.69mg (9.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.21%), Vitamin K: 26.8µg (25.52%), Vitamin B1: 0.14mg (9.58%), Selenium: 5.68µg (8.11%), Vitamin A: 378.99IU (7.58%), Vitamin B3: 1.21mg (6.03%), Fiber: 1.23g (4.94%), Vitamin B6: 0.1mg (4.93%), Vitamin C: 3.79mg (4.59%), Phosphorus: 41.86mg (4.19%), Iron: 0.69mg (3.84%), Vitamin E: 0.52mg (3.48%), Vitamin B2: 0.06mg (3.35%), Potassium: 112.82mg (3.22%), Vitamin B12: 0.19µg (3.22%), Zinc: 0.46mg (3.06%), Folate: 11.78µg (2.94%), Manganese: 0.05mg (2.34%), Magnesium: 7.02mg (1.75%), Calcium: 17.47mg (1.75%), Copper: 0.03mg (1.64%), Vitamin B5: 0.14mg (1.37%)