



Sausage and Sourdough Bread Stuffing

READY IN



45 min.

SERVINGS



14

CALORIES



145 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 cup celery finely chopped
- ☐ 1 large eggs lightly beaten
- ☐ 3 tablespoons flat-leaf parsley chopped
- ☐ 3 tablespoons sage fresh chopped
- ☐ 3 tablespoons thyme leaves fresh chopped
- ☐ 15 ounces turkey sausage italian hot
- ☐ 2 cups lower-sodium chicken broth fat-free
- ☐ 2 cups onion finely chopped

- ☐ 10 cup sourdough bread cubed () (1 pound)
- ☐ 3 tablespoons butter unsalted
- ☐ 1 cup water

Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Arrange bread in single layers on 2 jelly-roll pans.
- ☐ Bake at 350 for 20 minutes or until golden, rotating pans after 10 minutes. Turn oven off; leave pans in oven for 30 minutes or until bread is crisp.
- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add onion and celery; cook 11 minutes or until tender, stirring occasionally.
- ☐ Transfer vegetables to a large bowl.
- ☐ Add sausage to pan. Increase heat; saut 8 minutes or until browned, stirring to crumble.
- ☐ Remove sausage from pan using a slotted spoon; add sausage to vegetable mixture. Stir in bread, herbs, and pepper; toss.
- ☐ Combine broth, 1 cup water, and egg, stirring well.
- ☐ Drizzle broth mixture over bread mixture; toss. Spoon mixture into a 13 x 9-inch glass or ceramic baking dish coated with cooking spray; cover with foil.
- ☐ Bake at 350 for 25 minutes. Uncover and cook 20 minutes or until browned.

Nutrition Facts



 **PROTEIN 22.47%**  **FAT 37.07%**  **CARBS 40.46%**

Properties

Glycemic Index:17.75, Glycemic Load:8.59, Inflammation Score:-9, Nutrition Score:13.046521788058%

Flavonoids

Apigenin: 2.09mg, Apigenin: 2.09mg, Apigenin: 2.09mg, Apigenin: 2.09mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg

Nutrients (% of daily need)

Calories: 145.18kcal (7.26%), Fat: 6.05g (9.31%), Saturated Fat: 2.85g (17.81%), Carbohydrates: 14.85g (4.95%), Net Carbohydrates: 13.29g (4.83%), Sugar: 2.98g (3.32%), Cholesterol: 35.83mg (11.94%), Sodium: 478.76mg (20.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.25g (16.5%), Copper: 3.99mg (199.46%), Iron: 4.29mg (23.83%), Selenium: 13.74µg (19.62%), Vitamin C: 14.69mg (17.81%), Manganese: 0.33mg (16.35%), Vitamin K: 16.74µg (15.94%), Vitamin B1: 0.18mg (12.17%), Vitamin B3: 2.17mg (10.87%), Vitamin B2: 0.18mg (10.31%), Phosphorus: 96.02mg (9.6%), Folate: 37.73µg (9.43%), Vitamin B6: 0.18mg (9.11%), Zinc: 1.01mg (6.77%), Potassium: 229.9mg (6.57%), Vitamin A: 314.71IU (6.29%), Fiber: 1.57g (6.26%), Magnesium: 22.87mg (5.72%), Calcium: 44.15mg (4.42%), Vitamin B5: 0.42mg (4.23%), Vitamin B12: 0.17µg (2.79%), Vitamin E: 0.18mg (1.2%)