



Sausage and Sweet Potato Stuffing

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



58 kcal

SIDE DISH

Ingredients

- 0.5 lb pork sausage
- 6 oz stove top cornbread stuffing mix
- 16 oz sweet potatoes in syrup whole undrained canned
- 1 cup water

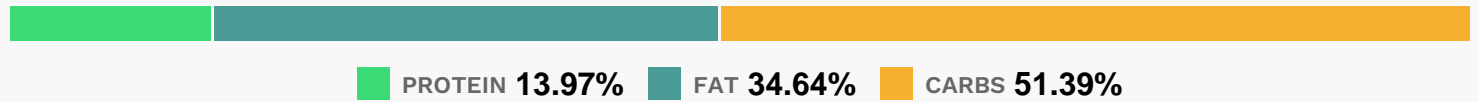
Equipment

- frying pan
- oven

Directions

- Heat oven to 350F.
- Brown sausage in large skillet on medium-high heat. Meanwhile, drain potatoes, reserving syrup.
- Add water and reserved syrup to sausage; bring to boil. Slice potatoes.
- Add to sausage mixture with stuffing mix; stir just until moistened. Spoon into 1-1/2-qt. casserole; cover.
- Bake 20 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:2.87, Glycemic Load:1.5, Inflammation Score:-8, Nutrition Score:3.8621739421202%

Nutrients (% of daily need)

Calories: 57.87kcal (2.89%), Fat: 2.21g (3.39%), Saturated Fat: 0.72g (4.47%), Carbohydrates: 7.36g (2.45%), Net Carbohydrates: 6.73g (2.45%), Sugar: 1.1g (1.22%), Cholesterol: 5.5mg (1.83%), Sodium: 136.45mg (5.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (4%), Vitamin A: 2150.82IU (43.02%), Vitamin B1: 0.07mg (4.43%), Selenium: 2.81µg (4.02%), Vitamin B3: 0.77mg (3.83%), Manganese: 0.07mg (3.65%), Vitamin B6: 0.06mg (3.17%), Folate: 11.26µg (2.82%), Fiber: 0.63g (2.54%), Phosphorus: 25.31mg (2.53%), Vitamin B2: 0.04mg (2.43%), Potassium: 83.65mg (2.39%), Iron: 0.39mg (2.18%), Copper: 0.04mg (2.13%), Vitamin B5: 0.19mg (1.94%), Magnesium: 7.19mg (1.8%), Zinc: 0.26mg (1.75%), Calcium: 10.95mg (1.1%), Vitamin B12: 0.07µg (1.09%)