



Sausage-and-Wild Mushroom Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



371 kcal

SIDE DISH

Ingredients

- ☐ 1 bouquet garnic chopped
- ☐ 0.5 cup butter
- ☐ 14.5 ounce chicken broth canned
- ☐ 1 bunch spring onion sliced
- ☐ 0.5 pound sausage meat
- ☐ 3 pounds mushrooms wild mixed sliced (shiitake, portobello, enoki)
- ☐ 1 large onion sliced
- ☐ 0.5 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 8 ounce bread stuffing mix

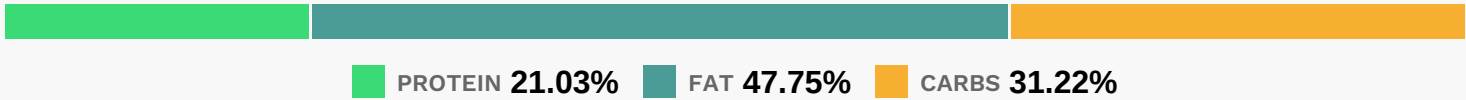
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Brown sausage in a large skillet, stirring to crumble.
- ☐ Drain and set aside.
- ☐ Melt butter in skillet; add mushrooms, onion, and green onions, and saut until tender. Stir in sausage, broth, and remaining ingredients. Spoon 4 cups stuffing into turkey, if desired; place remaining stuffing into a lightly greased 13- x 9-inch baking dish.
- ☐ Bake at 375 for 45 minutes or until lightly browned.
- ☐ Note: A poultry herb bouquet contains 2 sprigs each of fresh sage, rosemary, and thyme; 1 teaspoon of each dried herb may be substituted.

Nutrition Facts



Properties

Glycemic Index:15.1, Glycemic Load:2.23, Inflammation Score:-7, Nutrition Score:18.159130262292%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 371.22kcal (18.56%), Fat: 20.04g (30.83%), Saturated Fat: 5.02g (31.39%), Carbohydrates: 29.48g (9.83%), Net Carbohydrates: 24.45g (8.89%), Sugar: 5.86g (6.52%), Cholesterol: 37.11mg (12.37%), Sodium: 898.66mg (39.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.86g (39.73%), Vitamin B3: 8.73mg (43.64%),

Selenium: 26.36µg (37.66%), Vitamin B6: 0.62mg (30.91%), Phosphorus: 290.19mg (29.02%), Manganese: 0.56mg (28.06%), Vitamin B2: 0.47mg (27.67%), Vitamin B5: 2.31mg (23.15%), Zinc: 3.22mg (21.46%), Fiber: 5.03g (20.14%), Iron: 3.44mg (19.13%), Potassium: 644.56mg (18.42%), Folate: 65.19µg (16.3%), Vitamin B1: 0.23mg (15.43%), Copper: 0.31mg (15.39%), Vitamin K: 15.18µg (14.46%), Magnesium: 54.61mg (13.65%), Vitamin A: 633.94IU (12.68%), Vitamin B12: 0.62µg (10.33%), Calcium: 69.47mg (6.95%), Vitamin D: 0.88µg (5.87%), Vitamin E: 0.65mg (4.36%), Vitamin C: 2.46mg (2.98%)