



Sausage, Apple, and Cranberry Dressing

READY IN



120 min.

SERVINGS



20

CALORIES



283 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 pounds bulk pork sausage
- ☐ 0.5 cup butter melted
- ☐ 2 cups celery diced
- ☐ 2 cups chicken stock see
- ☐ 1.5 cups cranberries dried
- ☐ 2 eggs
- ☐ 1 cup parsley fresh chopped
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 0.3 cup sage fresh chopped

- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 cups onion diced
- ☐ 2 golden delicious apples diced cored peeled
- ☐ 20 servings sea salt and pepper to taste
- ☐ 10 cups day-old sourdough bread cubed
- ☐ 1 cup walnuts toasted chopped

Equipment

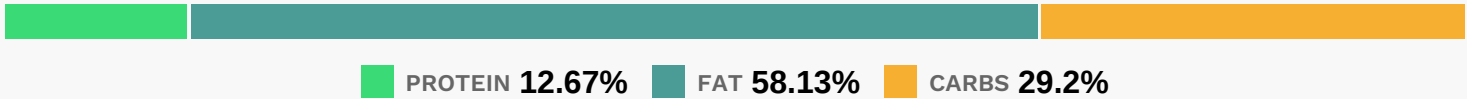
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
- ☐ Spread the bread cubes in a thin layer onto two or more baking sheets.
- ☐ Bake in the preheated oven until the bread cubes have toasted evenly, 5 to 7 minutes. Stir once as the bread bakes. Once toasted, place the bread cubes into a very large mixing bowl and set aside.
- ☐ Heat a large skillet over medium-high heat and stir in the pork sausage. Cook and stir until crumbly, evenly browned, and no longer pink.
- ☐ Drain the sausage and add to the bread cubes.
- ☐ Melt 2 tablespoons of butter in the same skillet over medium heat. Stir in the onion and celery, and cook until the onion has softened and turned translucent, about 5 minutes. Season to taste with sea salt and pepper, and scrape into the bowl with the bread cubes. Stir in the apples, cranberries, walnuts, sage, rosemary, thyme, and parsley.

- ☐
- Whisk the eggs in a bowl along with the chicken stock, and pour over the bread mixture along with 1/2 cup of melted butter. Stir well until the bread cubes have absorbed the chicken stock. Pack into the prepared 9x13 inch baking dish and cover with aluminum foil.
- ☐
- Bake in the preheated oven for 30 minutes, then remove the aluminum foil, and stir the stuffing. Return to the oven and continue baking until golden brown on top, about 15 minutes more.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:6.77, Inflammation Score:-7, Nutrition Score:11.568695617759%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 6.76mg, Apigenin: 6.76mg, Apigenin: 6.76mg, Apigenin: 6.76mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 282.59kcal (14.13%), Fat: 18.7g (28.77%), Saturated Fat: 6.6g (41.23%), Carbohydrates: 21.13g (7.04%), Net Carbohydrates: 18.89g (6.87%), Sugar: 10.53g (11.7%), Cholesterol: 53.78mg (17.93%), Sodium: 582.74mg (25.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.17g (18.35%), Vitamin K: 54.17µg (51.59%), Copper: 0.67mg (33.62%), Manganese: 0.37mg (18.35%), Vitamin B1: 0.24mg (16.03%), Vitamin B3: 2.89mg (14.45%), Phosphorus: 109.52mg (10.95%), Vitamin B6: 0.22mg (10.75%), Vitamin A: 523.68IU (10.47%), Vitamin B2: 0.17mg (10.29%), Folate: 38.89µg (9.72%), Selenium: 6.4µg (9.15%), Iron: 1.62mg (8.97%), Fiber: 2.24g (8.96%), Vitamin C: 7.31mg (8.86%), Zinc: 1.26mg (8.4%), Potassium: 253.55mg (7.24%), Magnesium: 26.59mg (6.65%), Vitamin B12: 0.34µg (5.63%), Vitamin B5: 0.47mg (4.72%), Vitamin E: 0.6mg (3.98%), Calcium: 37.63mg (3.76%), Vitamin D: 0.53µg (3.54%)