



Sausage, Apple and Cranberry-Nut-Bread Dressing

READY IN



120 min.

SERVINGS



40

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound diestel breakfast sausage
- ☐ 1 rib celery stalks finely chopped
- ☐ 3 apples i use 2 granny smith apples cored peeled cut into 1-inch pieces
- ☐ 6 cups chicken stock low-sodium
- ☐ 2 pounds bread sliced cut into cubes
- ☐ 40 servings pepper freshly ground
- ☐ 2 tablespoons sage chopped
- ☐ 40 servings salt

- ☐ 2 shallots thinly sliced
- ☐ 6 tablespoons butter unsalted

Equipment

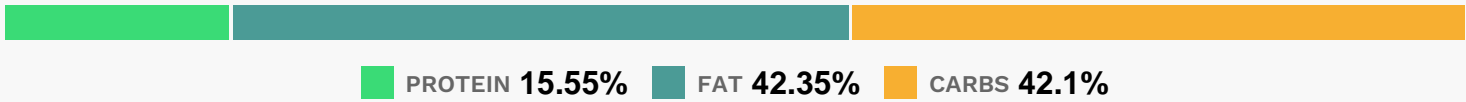
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350°F.
- ☐ Spread the bread cubes in a large roasting pan and toast for about 15 minutes, stirring once or twice, until slightly dry.
- ☐ Transfer to a large bowl.
- ☐ In a large, deep skillet, melt 4 tablespoons of the butter.
- ☐ Add the apples, shallots, celery and sage and cook over high heat, stirring occasionally, until the apples are lightly browned in spots, about 8 minutes.
- ☐ Add the sausage pieces and cook over high heat, breaking them up with a spoon, until they're browned and cooked through, about 5 minutes.
- ☐ Add 3 cups of the stock and boil until nearly evaporated, about 6 minutes. Season with salt and pepper.
- ☐ Add the sausage mixture to the bread along with the remaining 3 cups of stock. Stir until evenly moistened.
- ☐ Transfer the dressing to a large, buttered baking dish and dot with the remaining 2 tablespoons of butter.
- ☐ Cover the dressing with foil and bake for 30 minutes.
- ☐ Remove the foil and bake for 30 minutes longer, until the dressing is browned around the edges.

Let rest for 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:5.32, Glycemic Load:6.35, Inflammation Score:-2, Nutrition Score:6.5317390509274%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.03mg, Epicatechin: 1.03mg, Epicatechin: 1.03mg, Epicatechin: 1.03mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 126.02kcal (6.3%), Fat: 5.99g (9.22%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 13.41g (4.47%), Net Carbohydrates: 12.09g (4.4%), Sugar: 2.87g (3.18%), Cholesterol: 12.68mg (4.23%), Sodium: 384.38mg (16.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.91%), Copper: 0.98mg (48.76%), Manganese: 0.32mg (16.13%), Vitamin B3: 2.3mg (11.52%), Selenium: 6.57µg (9.39%), Vitamin B1: 0.13mg (8.57%), Iron: 1.09mg (6.07%), Phosphorus: 58.22mg (5.82%), Fiber: 1.32g (5.29%), Vitamin B2: 0.09mg (5.1%), Folate: 20.31µg (5.08%), Vitamin B6: 0.07mg (3.68%), Zinc: 0.54mg (3.58%), Calcium: 35.11mg (3.51%), Magnesium: 12.92mg (3.23%), Potassium: 112.54mg (3.22%), Vitamin B5: 0.28mg (2.78%), Vitamin B12: 0.14µg (2.26%), Vitamin K: 1.78µg (1.7%), Vitamin A: 69.52IU (1.39%), Vitamin D: 0.18µg (1.19%), Vitamin C: 0.85mg (1.03%)