



## Sausage, Apple, and Cranberry Stuffing

 Popular

READY IN



100 min.

SERVINGS



10

CALORIES



312 kcal

SIDE DISH

### Ingredients

- 0.8 cup celery chopped
- 0.8 cup cranberries dried
- 1.5 teaspoons rosemary dried
- 2.5 teaspoons sage dried
- 0.5 teaspoon thyme leaves dried
- 0.3 cup parsley fresh minced
- 1 golden delicious apple cored chopped
- 1 pound ground turkey sausage

- 1 cup onion chopped
- 1 turkey liver cooked finely chopped
- 0.8 cup turkey stock
- 4 tablespoons butter unsalted melted
- 3.8 cups bread white cubed
- 1.5 cups bread whole wheat cubed

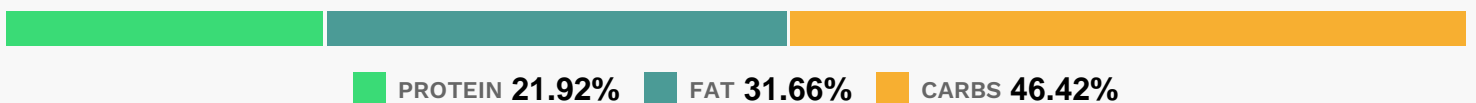
## Equipment

- bowl
- frying pan
- baking sheet
- oven

## Directions

- Preheat oven to 350 degree F (175 degree C).
- Spread the white and whole wheat bread cubes in a single layer on a large baking sheet.
- Bake for 5 to 7 minutes in the preheated oven, or until evenly toasted.
- Transfer toasted bread cubes to a large bowl.
- In a large skillet, cook the sausage and onions over medium heat, stirring and breaking up the lumps until evenly browned.
- Add the celery, sage, rosemary, and thyme; cook, stirring, for 2 minutes to blend flavors.
- Pour sausage mixture over bread in bowl.
- Mix in chopped apples, dried cranberries, parsley, and liver.
- Drizzle with turkey stock and melted butter, and mix lightly. Spoon into turkey to loosely fill.

## Nutrition Facts



## Properties

Glycemic Index:34.45, Glycemic Load:16.27, Inflammation Score:-9, Nutrition Score:21.72608682902%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 4.53mg, Apigenin: 4.53mg, Apigenin: 4.53mg, Apigenin: 4.53mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

## Nutrients (% of daily need)

Calories: 312.17kcal (15.61%), Fat: 11.02g (16.95%), Saturated Fat: 4.41g (27.58%), Carbohydrates: 36.35g (12.12%), Net Carbohydrates: 32.42g (11.79%), Sugar: 11.98g (13.31%), Cholesterol: 88.09mg (29.36%), Sodium: 556.94mg (24.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.16g (34.32%), Vitamin A: 3081.77IU (61.64%), Manganese: 0.96mg (48.2%), Vitamin B12: 2.57µg (42.87%), Vitamin K: 40.7µg (38.76%), Vitamin B3: 6.01mg (30.04%), Selenium: 20.56µg (29.37%), Folate: 114.26µg (28.57%), Vitamin B2: 0.47mg (27.38%), Vitamin B6: 0.44mg (22.16%), Phosphorus: 218.92mg (21.89%), Vitamin B1: 0.3mg (20.13%), Iron: 3.24mg (18.02%), Zinc: 2.61mg (17.38%), Fiber: 3.93g (15.72%), Vitamin B5: 1.51mg (15.1%), Copper: 0.26mg (13.03%), Magnesium: 48.68mg (12.17%), Calcium: 118.88mg (11.89%), Potassium: 346.29mg (9.89%), Vitamin C: 7.67mg (9.29%), Vitamin E: 0.71mg (4.77%), Vitamin D: 0.21µg (1.43%)