



Sausage, Apple, and Fennel Corn Bread Dressing

READY IN



45 min.

SERVINGS



10

CALORIES



217 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 bay leaf
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons canola oil
- ☐ 0.5 cup celery diced
- ☐ 0.3 teaspoon rubbed sage dried
- ☐ 1 large eggs lightly beaten
- ☐ 2 large eggs lightly beaten

- ☐ 1.5 cups less-sodium chicken broth fat-free
- ☐ 1 cup milk fat-free
- ☐ 0.5 cup fennel bulb diced
- ☐ 4.5 ounces flour all-purpose
- ☐ 1 teaspoon garlic minced
- ☐ 1.5 cups apples i use 2 granny smith apples diced (1 large)
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 teaspoons olive oil
- ☐ 2 cups onion finely chopped
- ☐ 0.3 teaspoon poultry seasoning
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1 cup turkey sausage smoked low-sodium lean finely chopped
- ☐ 0.8 cup cornmeal yellow

Equipment

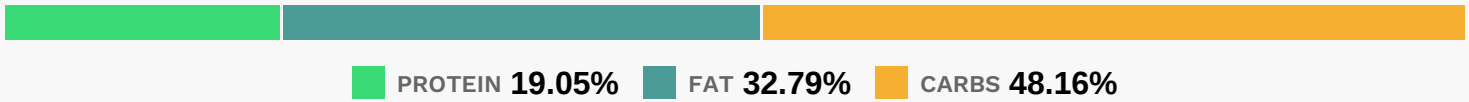
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 42
- ☐ To prepare corn bread, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, cornmeal, baking powder, and 1/2 teaspoon salt in a large bowl; make a well in center of mixture.

- ☐ Combine milk, canola oil, and 1 egg in a small bowl.
- ☐ Add to flour mixture, stirring just until moist. Spoon batter into an 8-inch square baking pan coated with cooking spray.
- ☐ Bake at 425 for 16 minutes or until a wooden pick inserted in center comes out clean. Cool 5 minutes in pan on a wire rack.
- ☐ Remove from pan; cool completely.
- ☐ Reduce oven temperature to 37
- ☐ To prepare stuffing, heat olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add sausage; cook 5 minutes or until browned, stirring occasionally.
- ☐ Add onion and bay leaf; cook 8 minutes or until onion starts to brown, stirring occasionally.
- ☐ Add apple, celery, and fennel; cook 5 minutes.
- ☐ Add garlic and next 5 ingredients (through black pepper); cook 1 minute.
- ☐ Remove from heat; discard bay leaf. Cool to room temperature.
- ☐ Crumble corn bread into a large bowl.
- ☐ Add sausage mixture to bowl; toss to combine.
- ☐ Add broth and 2 eggs; toss to combine. Spoon into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Bake at 375 for 50 minutes or until top is crisp and golden brown.

Nutrition Facts



Properties

Glycemic Index:49.88, Glycemic Load:14.21, Inflammation Score:-4, Nutrition Score:9.4886957355168%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.08mg,

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg

Nutrients (% of daily need)

Calories: 217.47kcal (10.87%), Fat: 7.93g (12.21%), Saturated Fat: 1.43g (8.97%), Carbohydrates: 26.22g (8.74%), Net Carbohydrates: 23.51g (8.55%), Sugar: 5.12g (5.69%), Cholesterol: 74.28mg (24.76%), Sodium: 536.31mg (23.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.37g (20.74%), Phosphorus: 166.31mg (16.63%), Selenium: 11.15µg (15.92%), Vitamin B2: 0.26mg (15.05%), Vitamin B6: 0.28mg (13.98%), Vitamin B1: 0.2mg (13.1%), Manganese: 0.25mg (12.6%), Vitamin B3: 2.47mg (12.35%), Folate: 46.23µg (11.56%), Vitamin B12: 0.65µg (10.85%), Fiber: 2.7g (10.82%), Zinc: 1.58mg (10.52%), Iron: 1.75mg (9.72%), Calcium: 86.8mg (8.68%), Potassium: 286.37mg (8.18%), Vitamin B5: 0.8mg (8.02%), Magnesium: 30.98mg (7.74%), Vitamin K: 7.85µg (7.47%), Vitamin E: 0.93mg (6.22%), Vitamin C: 4.58mg (5.55%), Copper: 0.11mg (5.47%), Vitamin A: 200.64IU (4.01%), Vitamin D: 0.57µg (3.8%)