



Sausage-Apple Stuffing

READY IN



130 min.

SERVINGS



12

CALORIES



378 kcal

SIDE DISH

Ingredients

- 6 medium apples firm peeled cut into large cubes (such as Macoun or Braeburn)
- 6 stalks celery halved lengthwise thinly sliced
- 1 teaspoon rosemary fresh chopped
- 2 tablespoons thyme leaves fresh
- 1 tablespoon honey
- 12 servings kosher salt and pepper white freshly ground
- 4 leeks light white green halved lengthwise thinly sliced (and parts only)
- 1 cup chicken stock see low-sodium
- 1 pound parsnips peeled thinly sliced quartered

- 1 tablespoon red wine vinegar
- 10 sage leaves cut into thin strips
- 1 pound spicy sausage italian
- 1 stick butter unsalted plus more for tasting
- 12 slices sandwich bread white cut into 1/2-inch cubes

Equipment

- bowl
- frying pan
- baking sheet
- oven
- baking pan
- aluminum foil

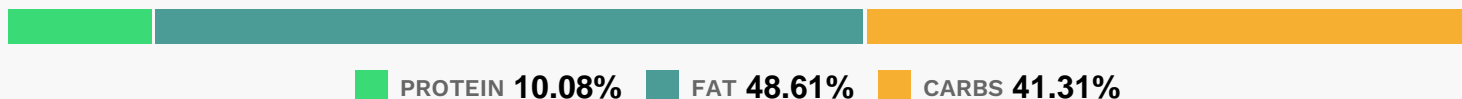
Directions

- Preheat the oven to 450 degrees F.
- Heat 1 tablespoon butter in a large skillet over medium-high heat until it melts and starts to brown; add the apples, reduce the heat to medium and cook, stirring, until slightly tender, about 4 minutes. Stir in the honey and vinegar, then transfer to a large bowl to cool.
- Melt 2 tablespoons butter in the same skillet over medium-low heat.
- Add the bread cubes and toss to coat, then transfer to one side of a large rimmed baking sheet; add the sausage to the other side.
- Bake until the sausage is cooked through and the bread is toasted, 8 to 10 minutes.
- Add the sausage and bread to the bowl with the apples; add the sage, thyme and rosemary.
- Heat another 1 tablespoon butter in the skillet over medium heat.
- Add half each of the leeks, celery and parsnips, and 2 tablespoons water; season with salt and pepper. Cook until the vegetables are translucent, about 8 minutes, then transfer to the bowl with the sausage-apple mixture.
- Add the remaining leeks, celery and parsnips, and 2 tablespoons water to the skillet, season with salt and pepper and cook about 8 minutes; transfer to the bowl and toss. Warm a

spoonful of the stuffing in the skillet with a touch of butter and taste the seasoning; adjust as needed. (It's so important to taste your stuffing while it's hot to get a sense of the seasonings and flavors.)

- Add the chicken stock to the bowl and toss to moisten all of the ingredients.
- Reduce the oven temperature to 350 degrees F.
- Brush a 9-by-13-inch baking dish with 1 tablespoon butter.
- Transfer the stuffing mixture to the dish and dot with the remaining 3 tablespoons butter. Cover with aluminum foil and bake 40 minutes, then uncover and continue baking until golden brown, about 40 more minutes.
- Photograph by Yunhee Kim

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:16.8, Inflammation Score:-9, Nutrition Score:15.616956521635%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.6mg, Apigenin: 0.6mg, Apigenin: 0.6mg, Apigenin: 0.6mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 378.23kcal (18.91%), Fat: 20.95g (32.23%), Saturated Fat: 9.42g (58.88%), Carbohydrates: 40.06g (13.35%), Net Carbohydrates: 33.9g (12.33%), Sugar: 15.51g (17.23%), Cholesterol: 48.97mg (16.32%), Sodium: 429.5mg (18.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.77g (19.54%), Manganese: 0.69mg (34.43%), Vitamin K: 31.02µg (29.54%), Vitamin B1: 0.41mg (27.63%), Fiber: 6.16g (24.64%), Selenium: 16.4µg (23.43%), Vitamin C: 17.85mg (21.64%), Folate: 86.07µg (21.52%), Vitamin A: 924.73IU (18.49%), Vitamin B3: 3.25mg (16.25%), Iron: 2.83mg (15.73%), Copper: 0.31mg (15.66%), Vitamin B6: 0.3mg (15.02%), Phosphorus: 147.06mg (14.71%), Potassium: 498.74mg (14.25%), Vitamin B2: 0.2mg (12.01%), Calcium: 117.62mg (11.76%), Magnesium:

42.26mg (10.57%), Vitamin E: 1.33mg (8.85%), Zinc: 1.29mg (8.63%), Vitamin B5: 0.72mg (7.16%), Vitamin B12:
0.38µg (6.33%)