

# Sausage, Bacon, Apple and Cornbread Stuffing

 Dairy Free

READY IN



100 min.

SERVINGS



12

CALORIES



428 kcal

SIDE DISH

## Ingredients

- 0.5 pound bacon chopped
- 1 pound bulk pork sausage
- 1 cup celery chopped
- 1 pan cornbread cut into small cubes ()
- 1 cup parsley fresh chopped
- 2 granny smith apples cored peeled chopped
- 1 pinch salt and ground pepper black to taste

- 16 ounce mushrooms sliced
- 1 cup onion chopped
- 8 ounces pork sausage links finely chopped
- 1 tablespoon sage leaves dried to taste
- 14 ounce bread stuffing mix dry

## Equipment

- bowl
- frying pan
- paper towels
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease 9x13 inch baking dish.
- Place the cubed cornbread and bread stuffing mix into a large bowl. Set aside.
- Place the chopped sausage links and ground sausage in a skillet; cook and stir over medium-high heat until evenly browned.
- Drain, and place sausage into a bowl. Using the same skillet, cook the bacon over medium heat until evenly browned.
- Drain bacon on paper towels.
- Drain excess bacon fat from the skillet. Stir the cooked sausage and bacon into the cornbread mixture.
- Using the same skillet, cook the celery and onion over medium heat until transparent and tender, about 5 minutes. Stir into the cornbread mixture.
- Stir the mushrooms, parsley, and apples into the cornbread mixture. Season with salt, pepper, and sage.
- Pour enough chicken broth over the cornbread mixture to moisten thoroughly, and toss to distribute evenly. Spoon the mixture into the prepared baking dish.
- Bake in preheated oven until top is toasted and the center is firm, about 45 minutes.

# Nutrition Facts

PROTEIN 15.45% FAT 51.37% CARBS 33.18%

## Properties

Glycemic Index:20.25, Glycemic Load:1.74, Inflammation Score:-6, Nutrition Score:21.509565229001%

## Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 11.01mg, Apigenin: 11.01mg, Apigenin: 11.01mg, Apigenin: 11.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

## Nutrients (% of daily need)

Calories: 428.49kcal (21.42%), Fat: 24.42g (37.57%), Saturated Fat: 8.02g (50.15%), Carbohydrates: 35.49g (11.83%), Net Carbohydrates: 32.65g (11.87%), Sugar: 8.16g (9.07%), Cholesterol: 56.48mg (18.83%), Sodium: 992.65mg (43.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.53g (33.06%), Copper: 1.79mg (89.37%), Vitamin K: 85.98µg (81.88%), Vitamin B3: 6.93mg (34.67%), Selenium: 23.73µg (33.9%), Vitamin B1: 0.46mg (30.94%), Vitamin B2: 0.4mg (23.57%), Phosphorus: 214.77mg (21.48%), Folate: 79.38µg (19.85%), Vitamin B6: 0.36mg (17.84%), Manganese: 0.33mg (16.28%), Iron: 2.7mg (14.98%), Zinc: 2.1mg (14%), Potassium: 490mg (14%), Vitamin B5: 1.29mg (12.88%), Vitamin C: 10.49mg (12.71%), Fiber: 2.84g (11.37%), Vitamin A: 534.16IU (10.68%), Vitamin B12: 0.61µg (10.16%), Magnesium: 34.83mg (8.71%), Calcium: 64.48mg (6.45%), Vitamin D: 0.89µg (5.92%), Vitamin E: 0.46mg (3.08%)