



Sausage Brioche Dressing

 Dairy Free

READY IN



100 min.

SERVINGS



10

CALORIES



144 kcal

Ingredients

- ☐ 1 brioche loaf cubed
- ☐ 4 celery ribs halved lengthwise cut into 1/4-inch pieces
- ☐ 10 servings kosher salt and ground pepper fresh black
- ☐ 1 pound pork breakfast sausage
- ☐ 0.3 cup sage leaves chopped
- ☐ 4 cups veggie broth

Equipment

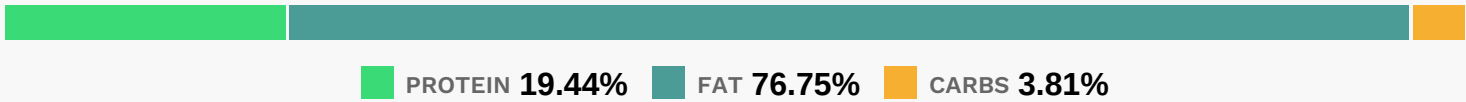
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Spread the brioche on a baking sheet and put it in the oven until lightly toasted, about 10 minutes. Set aside in a large bowl.
- ☐ In a large skillet over medium-high heat, add the sausage and break it into pieces with a spoon. Cook until browned, then transfer it to the bowl with the brioche.
- ☐ Add the celery to the sausage drippings and cook until softened, about 4 to 5 minutes.
- ☐ Put the sausage into the brioche bowl. Stir in the stock and sage and mix until the brioche absorbs most of the liquid. Season, to taste, with salt and pepper.
- ☐ Transfer the dressing to a 13 by 9-inch baking dish and cook, uncovered for 20 minutes. Cover with foil and bake until golden brown on top, another 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.55, Inflammation Score:-2, Nutrition Score:5.3943477490836%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 143.72kcal (7.19%), Fat: 12.08g (18.58%), Saturated Fat: 4.01g (25.08%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.82g (0.91%), Cholesterol: 32.83mg (10.94%), Sodium: 860.03mg (37.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.76%), Copper: 1.01mg (50.73%), Vitamin B3: 2.14mg (10.69%), Vitamin B1: 0.13mg (8.4%), Vitamin B6: 0.14mg (7%), Zinc: 0.99mg (6.62%), Vitamin B12: 0.39µg (6.43%), Phosphorus: 61.74mg (6.17%), Vitamin A: 242.28IU (4.85%), Vitamin D: 0.59µg (3.93%), Potassium: 118.07mg

(3.37%), Vitamin B2: 0.06mg (3.33%), Vitamin B5: 0.31mg (3.08%), Iron: 0.55mg (3.03%), Manganese: 0.04mg (1.84%), Magnesium: 7.08mg (1.77%)