



Sausage Cornbread Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



1029 kcal

SIDE DISH

Ingredients

- ☐ 3 ribs celery
- ☐ 3 cups chicken stock see
- ☐ 10 cups cornbread stale cut into 1-inch cubes
- ☐ 2 cups cranberries dried
- ☐ 3 cloves garlic diced smashed finely
- ☐ 12 servings kosher salt
- ☐ 12 servings olive oil extra-virgin
- ☐ 1 large onion

- ☐ 3 sprigs rosemary finely chopped
- ☐ 10 sage leaves finely chopped
- ☐ 1 pound spicy sausage
- ☐ 0.8 cup walnuts coarsely chopped

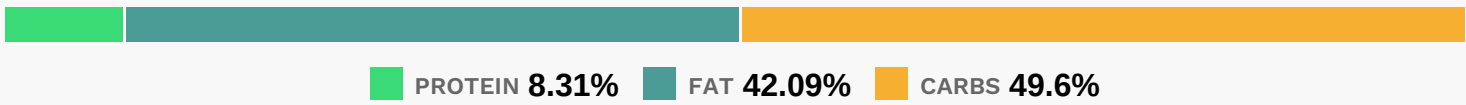
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Coat a large saute pan with olive oil, add the onions and celery and saute over to medium heat. Season with salt and cook until the vegetables start to become soft and are very aromatic.
- ☐ Add the sausage and cook until the sausage begins to brown. Stir in the garlic and saute for another 1 to 2 minutes.
- ☐ Add the walnuts, sage and rosemary and cook for another minute, then remove from heat.
- ☐ In a large bowl mix together the cornbread, cranberries, and the sausage mixture.
- ☐ Add chicken stock and knead with your hands until the bread is very moist, actually wet. Taste to check for seasoning and season with salt, if needed and transfer to an ovenproof dish.
- ☐ Bake the stuffing until it is hot all the way through and is crusty on top, about 30 to 35 minutes. MMMMM...stuffing!

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:0.48, Inflammation Score:-6, Nutrition Score:23.362608754117%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg

Nutrients (% of daily need)

Calories: 1028.58kcal (51.43%), Fat: 48.66g (74.87%), Saturated Fat: 13.28g (83.01%), Carbohydrates: 129.03g (43.01%), Net Carbohydrates: 122.54g (44.56%), Sugar: 48.02g (53.36%), Cholesterol: 141.39mg (47.13%), Sodium: 1711.04mg (74.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.61g (43.22%), Phosphorus: 872.23mg (87.22%), Manganese: 0.79mg (39.3%), Vitamin B1: 0.54mg (35.78%), Vitamin B3: 6.91mg (34.57%), Folate: 125.05µg (31.26%), Calcium: 289.38mg (28.94%), Vitamin B2: 0.47mg (27.58%), Selenium: 19.16µg (27.38%), Fiber: 6.5g (25.99%), Iron: 4.63mg (25.75%), Vitamin E: 3.62mg (24.11%), Copper: 0.44mg (22.18%), Vitamin B6: 0.4mg (19.95%), Vitamin K: 20.72µg (19.73%), Zinc: 2.52mg (16.77%), Vitamin B5: 1.53mg (15.27%), Potassium: 508.93mg (14.54%), Magnesium: 56.23mg (14.06%), Vitamin B12: 0.77µg (12.91%), Vitamin A: 404.89IU (8.1%), Vitamin D: 0.49µg (3.28%), Vitamin C: 2.2mg (2.67%)