



Sausage & cranberry stuffing

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



88 kcal

SIDE DISH

Ingredients

- ☐ 1 apples grated peeled
- ☐ 25 g butter
- ☐ 200 g cranberries
- ☐ 0.5 tsp spice mixed
- ☐ 1 onion finely chopped
- ☐ 50 g pistachios
- ☐ 4 sage finely sliced
- ☐ 2 slices breadcrumbs white

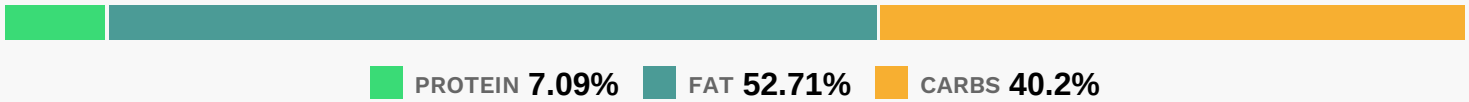
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas 6.Cook the onion in the butter until soft butnot browned.
- ☐ Add the breadcrumbs andstir so they soak up all the excess butterand fat.
- ☐ Let the mixture cool. Tip intoa bowl with the sausagemeat, apple,cranberries, pistachios, sage and mixedspice.
- ☐ Mix well, then roll into balls. Youcan now cover and chill for up to a daybefore cooking.To cook, place in a roasting tin andbake for 40 mins, turning a few times,or until browned all over.
- ☐ Add the bayleaves, if using, for the final ten minutesof cooking.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:2.25, Inflammation Score:-3, Nutrition Score:3.4343478358958%

Flavonoids

Cyanidin: 12.42mg, Cyanidin: 12.42mg, Cyanidin: 12.42mg, Cyanidin: 12.42mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 2.86mg, Epicatechin: 2.86mg, Epicatechin: 2.86mg, Epicatechin: 2.86mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg

Nutrients (% of daily need)

Calories: 87.81kcal (4.39%), Fat: 5.49g (8.44%), Saturated Fat: 1.98g (12.37%), Carbohydrates: 9.41g (3.14%), Net Carbohydrates: 7.06g (2.57%), Sugar: 4.52g (5.02%), Cholesterol: 6.72mg (2.24%), Sodium: 23.33mg (1.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Manganese: 0.21mg (10.74%), Fiber: 2.35g (9.42%), Copper: 0.17mg (8.47%), Vitamin B6: 0.15mg (7.36%), Vitamin C: 5.94mg (7.2%), Vitamin B1: 0.07mg (4.69%), Phosphorus: 41.18mg (4.12%), Vitamin E: 0.59mg (3.95%), Potassium: 130.64mg (3.73%), Magnesium: 11.95mg (2.99%), Vitamin A: 131.92IU (2.64%), Iron: 0.4mg (2.21%), Vitamin K: 2.08µg (1.98%), Folate: 7.12µg (1.78%), Vitamin B2: 0.03mg (1.58%), Calcium: 15.28mg (1.53%), Vitamin B5: 0.14mg (1.42%), Zinc: 0.2mg (1.35%)