



## Sausage-Currant Stuffing

READY IN



75 min.

SERVINGS



12

CALORIES



398 kcal

SIDE DISH

### Ingredients

- 1 pound bread sweet white such as batard
- 1 pound diestel breakfast sausage
- 1.5 cups celery finely chopped ( 4 large stalks)
- 0.8 cup currants dried
- 0.5 cup sherry dry
- 2 teaspoons rosemary leaves fresh finely chopped
- 1 tablespoon sage fresh finely chopped
- 2 medium garlic clove minced
- 1.5 teaspoons paprika sweet

- 1 cup chicken broth low-sodium
- 0.3 cup parsley fresh italian finely chopped
- 4 tablespoons butter unsalted ( )
- 1 pound bread whole such as pain au levain (not or multigrain)
- 1.5 cups onion yellow finely chopped ( 1 large)

## Equipment

- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- baking pan
- wooden spoon
- aluminum foil
- slotted spoon

## Directions

- Heat the oven to 350°F and arrange a rack in the middle.
- Combine the currants and sherry in a small saucepan over medium-high heat and bring to a boil. Immediately remove from heat and set aside to steep.
- Cut the wheat bread in half widthwise; set one half aside.
- Remove the crust from the other half and discard it.
- Cut the bread into 1-inch cubes. Using a food processor fitted with a blade attachment, process the cubes in two batches into small, rough pieces (some will be about the size of rice kernels, others pea size), about 30 seconds per batch. You should have 3 cups of breadcrumbs. (If needed, cut more cubes from the remaining bread half and process.) Repeat with the white bread.
- Combine the breadcrumbs (a total of 6 cups) on a rimmed baking sheet.

- Spread into an even layer and bake, stirring every 5 minutes and rotating the pan halfway through the cooking time, until light golden brown and dry to the touch, about 17 minutes.
- Let cool, then transfer to a large bowl; set aside. (Keep the oven on.)
- Heat a large frying pan over medium-high heat until hot, about 2 minutes.
- Add the sausage and, using two forks, break it into pea-size pieces. Cook, stirring occasionally, until it's no longer pink, about 6 minutes. Using a slotted spoon, transfer the sausage to a medium bowl. Discard any fat in the pan. Set the pan back over medium-high heat and add the butter. Once melted, add the celery, onions, and paprika. Season with salt and pepper and cook, stirring occasionally, until the onions are softened, about 6 minutes.
- Add the garlic and cook until fragrant, about 30 seconds.
- Add the currant-sherry mixture and cook, stirring occasionally, until the liquid is nearly evaporated.
- Add the reserved sausage and herbs and stir to combine.
- Add the broth and scrape the bottom of the pan with a wooden spoon to release any browned bits.
- Remove from heat.
- Transfer the sausage mixture to the reserved bowl of breadcrumbs and toss with two spoons until combined and the breadcrumbs are moistened.
- Let sit for 10 minutes. Taste and season with additional salt and pepper as needed.
- Transfer to a 2-quart baking dish, cover with a lid or foil, and bake 20 minutes. Uncover and bake until dry to the touch and golden brown on top, about 10 minutes more.

## Nutrition Facts



## Properties

Glycemic Index:27.7, Glycemic Load:21.63, Inflammation Score:-6, Nutrition Score:20.477391429569%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 3.06mg, Apigenin:

3.06mg, Apigenin: 3.06mg, Apigenin: 3.06mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg  
Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol:  
0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin:  
0.2mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

## **Nutrients (% of daily need)**

Calories: 397.81kcal (19.89%), Fat: 17.12g (26.33%), Saturated Fat: 6.34g (39.63%), Carbohydrates: 44.39g (14.8%),  
Net Carbohydrates: 39.49g (14.36%), Sugar: 10.62g (11.8%), Cholesterol: 37.25mg (12.42%), Sodium: 611.96mg  
(26.61%), Alcohol: 1.03g (100%), Alcohol %: 0.68% (100%), Protein: 15.58g (31.16%), Copper: 1.74mg (86.87%),  
Manganese: 1.42mg (70.83%), Vitamin B3: 6.1mg (30.51%), Selenium: 21µg (30%), Vitamin B1: 0.44mg (29.23%),  
Vitamin K: 30.1µg (28.67%), Phosphorus: 208.96mg (20.9%), Fiber: 4.9g (19.58%), Iron: 3.25mg (18.05%), Vitamin  
B6: 0.32mg (15.95%), Folate: 59.92µg (14.98%), Magnesium: 59.87mg (14.97%), Vitamin B2: 0.24mg (14.35%),  
Calcium: 139.17mg (13.92%), Zinc: 2.04mg (13.58%), Potassium: 415.5mg (11.87%), Vitamin B5: 0.91mg (9.07%),  
Vitamin A: 439.48IU (8.79%), Vitamin B12: 0.35µg (5.81%), Vitamin C: 4.46mg (5.4%), Vitamin E: 0.59mg (3.91%),  
Vitamin D: 0.56µg (3.74%)