



Sausage Fennel Stuffing

READY IN



4500 min.

SERVINGS



10

CALORIES



826 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 7 cups cornbread crumbled
- 2 teaspoons tarragon dried crumbled
- 2 teaspoons thyme dried crumbled
- 1.5 lb fennel bulb coarsely chopped (sometimes called anise; 2 medium)
- 2 teaspoons fennel seeds
- 1 lb sausage sweet italian
- 1 cup chicken broth low-sodium
- 2 cups onion finely chopped

- 0.5 teaspoon salt
- 0.5 cup butter unsalted

Equipment

- bowl
- frying pan
- oven
- baking pan
- slotted spoon

Directions

- Preheat oven to 325°F.
- Spread bread crumbs in 2 shallow baking pans and bake in upper and lower thirds of oven until golden and dry, about 15 minutes. Cool crumbs in pans on racks, then transfer to a large bowl.
- Cook sausage in a dry 12-inch nonstick skillet over moderate heat, stirring and breaking up pieces with a fork, until browned and cooked through, 6 to 8 minutes.
- Transfer to bowl with bread crumbs with a slotted spoon.
- Melt 6 tablespoons butter in skillet over moderate heat, then add onions, fennel bulb, salt, and pepper and cook, stirring frequently, until vegetables are softened, 10 to 15 minutes.
- Finely grind fennel seeds in coffee/spice grinder, then add to vegetables in skillet along with thyme and tarragon and cook, stirring, 1 minute.
- Transfer vegetables to bowl with bread crumbs and sausage and toss gently but thoroughly. Spoon stuffing into a buttered 3- to 3 1/2-quart shallow baking dish.
- Drizzle with stock and dot with remaining 2 tablespoons butter, cut into bits.
- Bake, covered, in middle of oven 30 minutes, then uncover and bake until browned, about 30 minutes more.
- Stuffing can be assembled (but not baked) 2 days ahead and chilled, covered. Bring to room temperature before baking.

Nutrition Facts



■ PROTEIN 9.29% ■ FAT 42.94% ■ CARBS 47.77%

Properties

Glycemic Index:20.2, Glycemic Load:2.15, Inflammation Score:-7, Nutrition Score:23.818695850994%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg

Nutrients (% of daily need)

Calories: 825.75kcal (41.29%), Fat: 39.7g (61.07%), Saturated Fat: 17.25g (107.83%), Carbohydrates: 99.37g (33.12%), Net Carbohydrates: 92.63g (33.68%), Sugar: 30.57g (33.97%), Cholesterol: 153.27mg (51.09%), Sodium: 1485.57mg (64.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.32g (38.64%), Phosphorus: 768.74mg (76.87%), Vitamin K: 53.29µg (50.75%), Vitamin B1: 0.6mg (39.87%), Selenium: 26.44µg (37.77%), Manganese: 0.65mg (32.3%), Folate: 121.16µg (30.29%), Calcium: 289.52mg (28.95%), Vitamin B3: 5.66mg (28.29%), Fiber: 6.74g (26.95%), Iron: 4.67mg (25.95%), Vitamin B2: 0.41mg (24.41%), Potassium: 707.62mg (20.22%), Vitamin B6: 0.36mg (18.13%), Zinc: 2.19mg (14.6%), Vitamin C: 11.99mg (14.53%), Vitamin B5: 1.4mg (14.02%), Vitamin B12: 0.84µg (13.94%), Vitamin A: 675.58IU (13.51%), Magnesium: 53.19mg (13.3%), Copper: 0.24mg (11.89%), Vitamin E: 1.52mg (10.16%), Vitamin D: 0.17µg (1.13%)