



Sausage Fennel Stuffing

READY IN



45 min.

SERVINGS



30

CALORIES



212 kcal

SIDE DISH

Ingredients

- 5 cups cornbread
- 2 teaspoons tarragon dried crumbled
- 2 teaspoons thyme dried crumbled
- 1.5 pounds fennel bulb with bulbs and bulbs chopped fine (4 1/2 cups) trimmed (sometimes called anise, 2 medium)
- 2 teaspoons fennel seeds chopped fine
- 1 pound sausage sweet italian
- 2 medium onion chopped fine
- 0.3 cup pernod

0.3 cup butter unsalted

Equipment

bowl

frying pan

slotted spoon

Directions

In a 10- to 12-inch heavy skillet cook sausage over moderately high heat, stirring and breaking up lumps with a fork, until no longer pink.

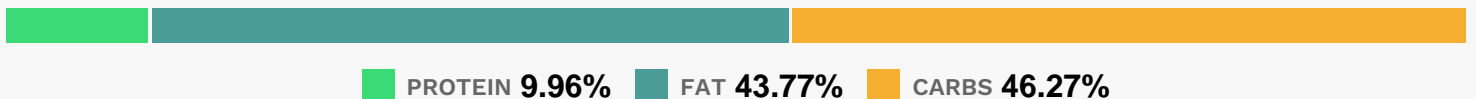
Transfer sausage with a slotted spoon to a large bowl.

Add butter to fat remaining in skillet and cook onions, chopped fennel, fennel seeds, and salt to taste over moderate heat, stirring, until fennel is softened, about 10 minutes.

Add apéritif, thyme, and tarragon and cook, stirring, until most liquid is evaporated.

Add mixture to sausage with corn bread or packaged stuffing and toss to combine well. Season stuffing with salt and pepper and cool completely. Stuffing may be made 2 days ahead and chilled, covered. (To prevent bacterial growth do not stuff turkey cavities ahead.)

Nutrition Facts



Properties

Glycemic Index:5.67, Glycemic Load:0.65, Inflammation Score:-3, Nutrition Score:6.4443478247394%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 212.26kcal (10.61%), Fat: 10.14g (15.59%), Saturated Fat: 4.18g (26.09%), Carbohydrates: 24.11g (8.04%), Net Carbohydrates: 22.29g (8.1%), Sugar: 7.51g (8.35%), Cholesterol: 38.03mg (12.68%), Sodium: 359.27mg (15.62%), Alcohol: 0.76g (100%), Alcohol %: 1.08% (100%), Protein: 5.19g (10.38%), Phosphorus: 190.85mg (19.08%),

Vitamin K: 17.01µg (16.2%), Vitamin B1: 0.17mg (11.19%), Selenium: 7.4µg (10.58%), Manganese: 0.17mg (8.7%), Folate: 31.02µg (7.75%), Calcium: 73.58mg (7.36%), Fiber: 1.82g (7.29%), Vitamin B3: 1.46mg (7.29%), Iron: 1.24mg (6.89%), Vitamin B2: 0.11mg (6.29%), Potassium: 202.62mg (5.79%), Vitamin B6: 0.1mg (5.13%), Vitamin C: 3.73mg (4.53%), Zinc: 0.61mg (4.06%), Vitamin B12: 0.23µg (3.86%), Vitamin B5: 0.37mg (3.7%), Magnesium: 14.57mg (3.64%), Copper: 0.06mg (3.12%), Vitamin A: 151.58IU (3.03%), Vitamin E: 0.38mg (2.55%)