



Sausage Fennel Stuffing

READY IN



45 min.

SERVINGS



30

CALORIES



212 kcal

SIDE DISH

Ingredients

- ☐ 5 cups packaged corn bread stuffing
- ☐ 2 teaspoons tarragon dried crumbled
- ☐ 2 teaspoons thyme leaves dried crumbled
- ☐ 1.5 pounds fennel bulbs 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 onions chopped fine
- ☐ 0.3 cup pernod

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0.3 cup butter unsalted

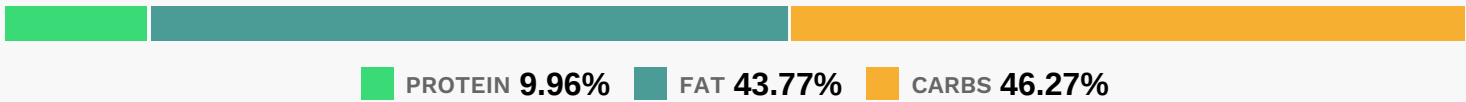
Equipment

- ☐ 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%), Vitamin B3: 1.46mg (7.29%), Fiber: 1.82g (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%)