



Sausage-Pumpkin Corn-Bread Stuffing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



403 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce pumpkin canned
- ☐ 10 cups corn muffins crumbled prepared
- ☐ 1 cup cranberries dried
- ☐ 0.3 cup sage dried fresh chopped
- ☐ 0.8 pound sausage sweet italian
- ☐ 2 jalapeños with seeds) minced
- ☐ 14 ounce vegetable broth canned

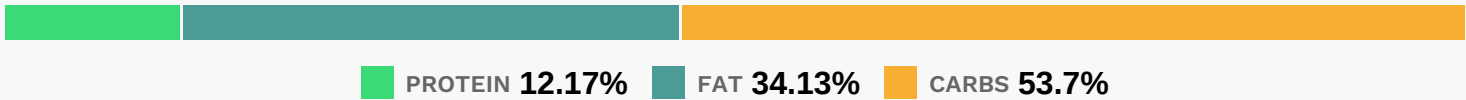
Equipment

☐ frying pan

Directions

- ☐ To make it...
- ☐ In a large skillet over medium heat, cook the sausage and jalapeos, breaking up the meat and cooking until it is no longer pink.
- ☐ Drain the fat.
- ☐ Add the corn bread. Fold in the pumpkin, broth, cranberries, and sage. (Can be made up to 1 day ahead. Cover and refrigerate.) For drier stuffing, omit the broth.
- ☐ To fake it...and save 30 minutes
- ☐ Prepare one 16 ounce bag corn-bread-stuffing mix according to the label directions, omitting any butter and all but about 1 cup of the liquid that's called for on the label. Fold in one 15-ounce can pumpkin, one 4-ounce can chopped green chiles, 1 cup dried cranberries, and one 8-ounce package cooked bacon, chopped.

Nutrition Facts



Properties

Glycemic Index:20.06, Glycemic Load:20.25, Inflammation Score:-10, Nutrition Score:20.138695696126%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 403.32kcal (20.17%), Fat: 16.66g (25.64%), Saturated Fat: 5.34g (33.35%), Carbohydrates: 58.98g (19.66%), Net Carbohydrates: 51.51g (18.73%), Sugar: 22.08g (24.53%), Cholesterol: 32.32mg (10.77%), Sodium: 514.85mg (22.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.37g (26.75%), Vitamin A: 8981.25IU (179.62%), Fiber: 7.47g (29.86%), Vitamin B1: 0.44mg (29.62%), Vitamin K: 28.22µg (26.88%), Vitamin B3: 5mg (25.01%), Manganese: 0.5mg (25.01%), Vitamin B6: 0.47mg (23.61%), Phosphorus: 230.25mg (23.02%), Vitamin C: 18.18mg (22.03%), Vitamin B5: 2mg (19.98%), Potassium: 663.54mg (18.96%), Magnesium: 73.64mg (18.41%), Selenium: 11.29µg (16.12%), Folate: 57.74µg (14.44%), Zinc: 2.11mg (14.08%), Iron: 2.46mg (13.64%), Vitamin B2:

0.22mg (12.94%), Copper: 0.2mg (10.2%), Vitamin E: 1.25mg (8.37%), Vitamin B12: 0.39µg (6.45%), Calcium:
45.55mg (4.56%)