

Sausage Stuffing

READY IN



40 min.

SERVINGS



30

CALORIES



143 kcal

SIDE DISH

Ingredients

- 1.5 teaspoons pepper black
- 3 cups diestel breakfast sausage sliced
- 1 stick butter
- 3 cups celery diced
- 3 cups onions diced
- 1.5 teaspoons poultry seasoning (recommended: Bell's)
- 1 teaspoon salt
- 3.5 cups turkey stock
- 25 slices wheat bread white

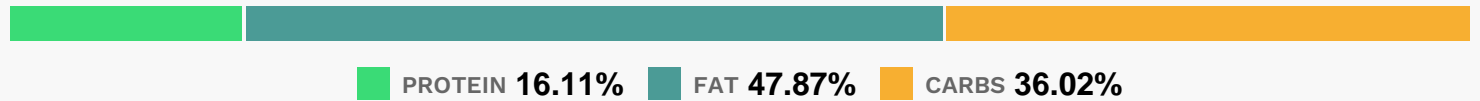
Equipment

- bowl
- frying pan

Directions

- Watch how to make this recipe.
- In a large frying pan, melt the butter over medium-high heat.
- Saute the onions and celery for 5 minutes. Next, add the sausage and cook until browned, about 10 more minutes, stirring frequently. Meanwhile, break up the bread slices by hand into medium-small pieces into a large bowl.
- Add the seasonings and mix well. Then add the cooked vegetables and sausage and mix again. Finally, add the turkey stock and mix well. There will be enough stuffing for a 10- to 15-pound bird and an 8- by 8-inch pan.

Nutrition Facts



Properties

Glycemic Index:7.96, Glycemic Load:6.42, Inflammation Score:-3, Nutrition Score:6.0508695529855%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 143.49kcal (7.17%), Fat: 7.65g (11.78%), Saturated Fat: 3.34g (20.86%), Carbohydrates: 12.96g (4.32%), Net Carbohydrates: 11.09g (4.03%), Sugar: 2.28g (2.54%), Cholesterol: 18.14mg (6.05%), Sodium: 336.38mg (14.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.59%), Manganese: 0.55mg (27.48%), Vitamin B3: 2.13mg (10.64%), Vitamin B1: 0.15mg (9.74%), Selenium: 6.8µg (9.71%), Phosphorus: 82.5mg (8.25%), Fiber: 1.87g (7.48%), Vitamin B6: 0.13mg (6.74%), Magnesium: 24.05mg (6.01%), Vitamin K: 6.18µg (5.89%), Vitamin B2: 0.09mg (5.27%), Zinc: 0.78mg (5.17%), Calcium: 50.12mg (5.01%), Iron: 0.9mg (4.99%), Potassium: 171.61mg (4.9%), Folate: 18.25µg (4.56%), Copper: 0.09mg (4.4%), Vitamin A: 154.11IU (3.08%), Vitamin B5: 0.3mg (2.96%), Vitamin C:

1.65mg (2%), Vitamin B12: 0.12µg (1.92%), Vitamin E: 0.28mg (1.86%), Vitamin D: 0.17µg (1.11%)