



Sausage Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



507 kcal

SIDE DISH

Ingredients

- ☐ 1 pound sausage meat
- ☐ 3 rib celery stalks with leaves, finely chopped
- ☐ 1 cup chicken broth
- ☐ 1 large onion finely chopped
- ☐ 1 teaspoon poultry seasoning
- ☐ 1 baking apples are apples that have a sweet-tart balance and hold their shape when diced
- ☐ 7 slices sandwich bread white

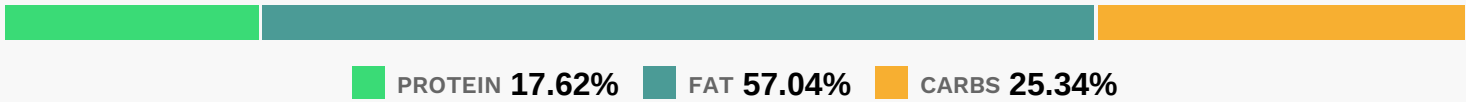
Equipment

☐ frying pan

Directions

- ☐ Remove crusts from bread slices.
- ☐ Cut bread into cubes.
- ☐ Cook sausage in a large skillet, stirring until it crumbles and is no longer pink.
- ☐ Add onion and celery, and cook until tender.
- ☐ Remove from heat; stir in bread, broth, apple, and seasoning.

Nutrition Facts



Properties

Glycemic Index:48.44, Glycemic Load:17.78, Inflammation Score:-5, Nutrition Score:14.533478197844%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.44mg, Quercetin: 9.44mg, Quercetin: 9.44mg, Quercetin: 9.44mg

Nutrients (% of daily need)

Calories: 506.68kcal (25.33%), Fat: 31.93g (49.13%), Saturated Fat: 10.39g (64.92%), Carbohydrates: 31.92g (10.64%), Net Carbohydrates: 29.11g (10.59%), Sugar: 8.94g (9.93%), Cholesterol: 82.82mg (27.61%), Sodium: 1150.55mg (50.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.2g (44.39%), Vitamin B3: 7.65mg (38.23%), Vitamin B1: 0.57mg (38.16%), Vitamin B6: 0.46mg (22.9%), Phosphorus: 221.79mg (22.18%), Zinc: 2.99mg (19.9%), Manganese: 0.39mg (19.55%), Vitamin B2: 0.3mg (17.73%), Iron: 3.08mg (17.12%), Vitamin B12: 0.98µg (16.26%), Selenium: 10.61µg (15.16%), Folate: 59.15µg (14.79%), Potassium: 451.79mg (12.91%), Calcium: 121.5mg (12.15%), Fiber: 2.8g (11.22%), Vitamin B5: 1.08mg (10.76%), Vitamin D: 1.47µg (9.83%), Magnesium: 35.5mg (8.88%), Copper: 0.17mg (8.46%), Vitamin C: 5.74mg (6.96%), Vitamin K: 5.94µg (5.66%), Vitamin E: 0.43mg (2.89%),

Vitamin A: 128.51IU (2.57%)