



WHATSheATE



Sausage Stuffing with Fennel and Roasted Squash

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



291 kcal

SIDE DISH

Ingredients

- ☐ 4 cups cubes butternut squash peeled seeded (from one)
- ☐ 2 cups celery chopped (4 to 5 stalks)
- ☐ 2 large eggs
- ☐ 1.5 cups fennel bulb fresh coarsely chopped (1 medium)
- ☐ 2 tablespoons marjoram fresh chopped
- ☐ 2 tablespoons sage fresh chopped
- ☐ 1 teaspoon coarsely ground pepper black

- ☐ 1 cup low-salt chicken broth ()
- ☐ 1 pound onions chopped
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 1 pound pork sausage log
- ☐ 1.5 teaspoons sea salt fine
- ☐ 0.5 cup butter unsalted (1 stick)

Equipment

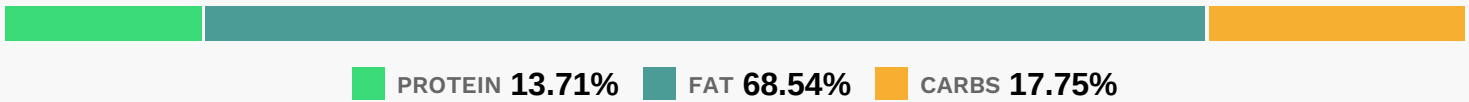
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350°F. Spray rimmed bakingsheet with nonstick spray. Scatter squash onsheet in single layer; sprinkle lightly withsalt and pepper. Roast squash until tender,stirring occasionally, about 55 minutes.
- ☐ Transfer to large bowl; cool.
- ☐ Melt butter in heavy large skillet overmedium heat.
- ☐ Add onions, celery, andfennel. Sauté 8 minutes.
- ☐ Add sausage. Sautéuntil vegetables are tender and sausage iscooked through, breaking up sausage withfork, about 10 minutes.
- ☐ Add all herbs; sauté1 minute longer.
- ☐ Add to bowl with squash.DO AHEAD: Can be made 1 day ahead.Cool, cover, and chill.
- ☐ Preheat oven to 350°F. Divide breadbetween 2 rimmed baking sheets.
- ☐ Bakeuntil bread is crusty but not hard, reversingsheets after 5 minutes, 10 to 12 minutestotal.
- ☐ Transfer to very large bowl and cool.
- ☐ Butter 13x9x2-inch baking dish.vegetable mixture into bread.

- ☐
- Whisksalt, and pepper in small bowl to blendwhisk in 1 cup broth.
- ☐
- Add egg mixturestuffing, tossing to combine evenly andadding more broth by 1/4 cupfuls if dry.
- ☐
- Transfer stuffing to prepared dish.
- ☐
- Bake stuffing uncovered until cookedthrough and brown and crusty on top,60 minutes.
- ☐
- Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:22.8, Glycemic Load:1.31, Inflammation Score:-10, Nutrition Score:20.434347836868%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Apigenin: 4.67mg, Apigenin: 4.67mg, Apigenin: 4.67mg, Apigenin: 4.67mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 9.32mg, Quercetin: 9.32mg, Quercetin: 9.32mg, Quercetin: 9.32mg

Nutrients (% of daily need)

Calories: 290.5kcal (14.52%), Fat: 22.58g (34.73%), Saturated Fat: 10.27g (64.16%), Carbohydrates: 13.15g (4.38%), Net Carbohydrates: 10.33g (3.76%), Sugar: 4.03g (4.48%), Cholesterol: 94.26mg (31.42%), Sodium: 688mg (29.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.16g (20.32%), Copper: 3.77mg (188.4%), Vitamin A: 6594.7IU (131.89%), Vitamin K: 47.4µg (45.15%), Vitamin C: 20.15mg (24.43%), Manganese: 0.37mg (18.59%), Vitamin B3: 3.37mg (16.84%), Vitamin B6: 0.32mg (16.13%), Potassium: 537.57mg (15.36%), Vitamin B1: 0.22mg (14.47%), Phosphorus: 135.71mg (13.57%), Fiber: 2.82g (11.27%), Folate: 42.95µg (10.74%), Magnesium: 39.37mg (9.84%), Vitamin E: 1.42mg (9.44%), Zinc: 1.41mg (9.38%), Vitamin B2: 0.15mg (9.11%), Iron: 1.63mg (9.04%), Vitamin B12: 0.52µg (8.62%), Vitamin B5: 0.84mg (8.4%), Calcium: 76.73mg (7.67%), Vitamin D: 0.96µg (6.4%), Selenium: 3.88µg (5.54%)