



Savory Vegetable Stuffing Bake

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



332 kcal

SIDE DISH

Ingredients

- 0.3 pound bulk pork sausage
- 8 ounce canned tomatoes canned
- 10.8 ounce campbell's® condensed cream of celery soup fat free 98% canned (Regular or)
- 1 large onion chopped
- 3 cups herb seasoned stuffing pepperidge farm®
- 0.5 teaspoon thyme leaves dried crushed
- 2 cups vegetable combination red frozen (broccoli, corn, pepper)

Equipment

frying pan

oven

Directions

Cook the sausage, onion and thyme in a 12-inch skillet over medium-high heat until the sausage is browned, stirring frequently to break up the meat.

Pour off any fat.

Stir the soup, tomatoes and vegetables in the skillet.

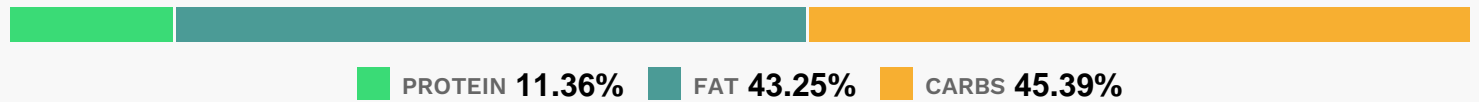
Heat to a boil.

Remove the skillet from the heat.

Add the stuffing and stir lightly to coat. Spoon into a 1 1/2-quart casserole.

Bake at 350 degrees F. for 30 minutes or until it's hot and bubbling.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:3.88, Inflammation Score:-10, Nutrition Score:18.859130563943%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 332.12kcal (16.61%), Fat: 16.33g (25.12%), Saturated Fat: 4.05g (25.32%), Carbohydrates: 38.57g (12.86%), Net Carbohydrates: 31.77g (11.55%), Sugar: 5.52g (6.13%), Cholesterol: 19.19mg (6.4%), Sodium: 940.72mg (40.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.65g (19.29%), Selenium: 51.31µg (73.3%), Vitamin A: 3640.75IU (72.82%), Fiber: 6.8g (27.19%), Manganese: 0.52mg (26.19%), Vitamin K: 24.62µg (23.44%), Vitamin B1: 0.31mg (20.91%), Vitamin B3: 3.75mg (18.76%), Vitamin E: 2.62mg (17.46%), Folate: 67.54µg (16.88%), Iron: 2.7mg (15.02%), Vitamin C: 12.14mg (14.71%), Copper: 0.28mg (13.91%), Phosphorus: 138.07mg (13.81%), Vitamin B2: 0.23mg (13.45%), Potassium: 447.53mg (12.79%), Vitamin B6: 0.25mg (12.42%), Magnesium: 42.07mg (10.52%), Vitamin B5: 0.91mg (9.11%), Calcium: 84.4mg (8.44%), Zinc: 1.17mg (7.81%), Vitamin B12: 0.19µg (3.18%), Vitamin D: 0.25µg (1.64%)