



Slow-Cooker Chorizo, Pecan and Cheddar Stuffing

READY IN



225 min.

SERVINGS



16

CALORIES



283 kcal

SIDE DISH

Ingredients

- 1 pound chorizo sausage cut crumbled
- 1 cup onion chopped
- 1.5 cups celery stalks sliced
- 16 ounces seasoned bread crumbs ()
- 0.3 cup butter melted
- 0.5 teaspoon rubbed sage
- 0.3 teaspoon pepper
- 2 cups chicken broth (from 32-ounce carton)

- 6 ounces sharp cheddar cheese shredded
- 1 cup cashew pieces toasted

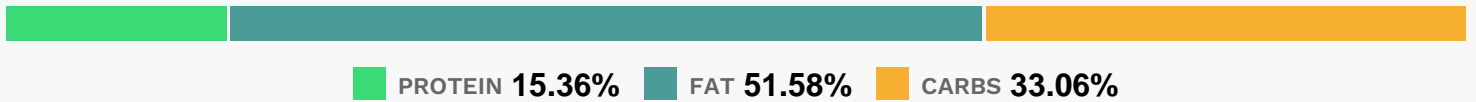
Equipment

- frying pan
- slow cooker

Directions

- Cook sausage, onion and celery in 10-inch skillet over medium heat 8 to 10 minutes, stirring occasionally, until sausage is no longer pink; drain.
- Place sausage mixture, stuffing crumbs, butter, sage and pepper in 4- to 5-quart slow cooker.
- Pour broth over mixture; toss to combine. Cover and cook on Low heat setting 3 hours to 3 hours 30 minutes. Gently stir in cheese and pecans.
- Serve stuffing, or keep warm in slow cooker up to 1 hour. Or use this recipe to stuff Southwestern Turkey or one 12- to 14-pound turkey. See the Variation in Tips from the Kitchens.

Nutrition Facts



Properties

Glycemic Index:8.95, Glycemic Load:0.87, Inflammation Score:-6, Nutrition Score:10.16521738664%

Flavonoids

Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 283.43kcal (14.17%), Fat: 16.31g (25.1%), Saturated Fat: 6.15g (38.44%), Carbohydrates: 23.52g (7.84%), Net Carbohydrates: 21.53g (7.83%), Sugar: 2.82g (3.13%), Cholesterol: 31.5mg (10.5%), Sodium: 611.09mg (26.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.93g (21.87%), Manganese: 0.45mg (22.69%), Vitamin B1: 0.32mg (21.53%), Vitamin K: 18.96µg (18.06%), Selenium: 11.82µg (16.89%), Phosphorus: 154.17mg (15.42%), Calcium:

144.33mg (14.43%), Copper: 0.26mg (13.09%), Iron: 2.32mg (12.91%), Vitamin B2: 0.2mg (11.56%), Folate: 43.35µg (10.84%), Magnesium: 42mg (10.5%), Vitamin A: 516.91IU (10.34%), Vitamin B3: 1.95mg (9.73%), Zinc: 1.31mg (8.75%), Vitamin C: 6.99mg (8.48%), Fiber: 1.99g (7.94%), Vitamin B6: 0.11mg (5.45%), Potassium: 173.83mg (4.97%), Vitamin B12: 0.22µg (3.71%), Vitamin B5: 0.33mg (3.33%), Vitamin E: 0.41mg (2.75%)