



Sourdough-Apple Stuffing

READY IN



115 min.

SERVINGS



30

CALORIES



116 kcal

SIDE DISH

Ingredients

- 8 cups sourdough bread ()
- 1 cup celery stalks diced
- 1 large eggs beaten
- 1 tablespoon parsley fresh chopped
- 2 tablespoons sage fresh chopped
- 1 tablespoon thyme sprigs fresh chopped
- 1 cup golden raisins
- 3 cups apples i use 2 granny smith apples diced cored
- 2 cups chicken broth low-sodium

- 1 medium onion diced
- 1 pound pork sausage sweet italian
- 30 servings salt and pepper
- 4 tablespoons butter unsalted melted
- 2 tablespoons vegetable oil

Equipment

- frying pan
- baking sheet
- oven
- mixing bowl
- baking pan

Directions

- Preheat oven to 350F.
- Spread bread cubes in a single layer on a large baking sheet and bake until pale golden and dry, stirring occasionally, about 20 minutes.
- Grease a 9-by-13-inch baking dish. On medium-high heat, warm oil in a large skillet and cook sausage, breaking up meat and cooking until sausage starts to brown, 6 to 7 minutes.
- Add onion and celery; continue to saut until vegetables are soft and sausage is cooked through, about 5 minutes. Stir in herbs and raisins.
- Add broth, scraping up browned bits on bottom of skillet.
- Transfer to a large mixing bowl and stir in apples and bread. Season with salt and pepper. Stir in egg.
- Spread in prepared baking dish.
- Drizzle with melted butter.
- Bake, uncovered, until golden brown and crispy on top, about 50 minutes.

Nutrition Facts



■ PROTEIN 13.18% ■ FAT 52.49% ■ CARBS 34.33%

Properties

Glycemic Index:11.11, Glycemic Load:5.61, Inflammation Score:-3, Nutrition Score:6.0530435209689%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 116.47kcal (5.82%), Fat: 6.94g (10.68%), Saturated Fat: 2.57g (16.08%), Carbohydrates: 10.22g (3.41%), Net Carbohydrates: 9.38g (3.41%), Sugar: 4.74g (5.26%), Cholesterol: 21.1mg (7.03%), Sodium: 345.85mg (15.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Copper: 1.27mg (63.43%), Vitamin B3: 1.38mg (6.88%), Vitamin B1: 0.1mg (6.78%), Manganese: 0.11mg (5.62%), Vitamin K: 5.55µg (5.28%), Vitamin B2: 0.08mg (4.73%), Phosphorus: 46mg (4.6%), Vitamin B6: 0.09mg (4.36%), Iron: 0.73mg (4.08%), Selenium: 2.73µg (3.9%), Potassium: 129.96mg (3.71%), Fiber: 0.84g (3.36%), Zinc: 0.49mg (3.26%), Folate: 12.91µg (3.23%), Vitamin B12: 0.16µg (2.7%), Magnesium: 9.08mg (2.27%), Vitamin A: 111.25IU (2.22%), Vitamin C: 1.76mg (2.14%), Vitamin B5: 0.18mg (1.83%), Vitamin D: 0.26µg (1.72%), Calcium: 16.63mg (1.66%), Vitamin E: 0.22mg (1.46%)