



Sourdough, Sausage, and Greens Dressing

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



298 kcal

SIDE DISH

Ingredients

- ☐ 0.8 pound bulk pork sausage
- ☐ 2.5 tablespoons butter
- ☐ 1 cup celery sliced
- ☐ 1.8 cups fat-skimmed chicken broth
- ☐ 2 tablespoons sage leaves dried fresh chopped
- ☐ 0.8 teaspoon fresh-ground pepper
- ☐ 1 cup onion chopped
- ☐ 0.3 cup parsley italian chopped

- ☐ 2 teaspoons poultry seasoning
- ☐ 0.8 pound sourdough bread cut into 1/2-inch cubes (2 qt.)
- ☐ 0.5 pound swiss chard

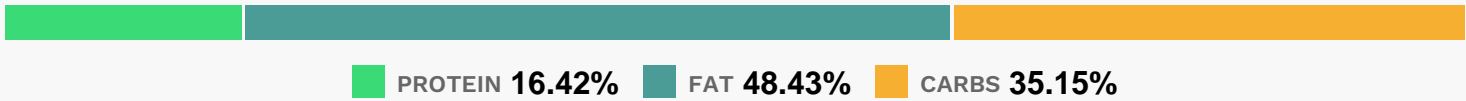
Equipment

- ☐ frying pan
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Put bread cubes in a 9- by 13-inch pan.
- ☐ Bake in a 350 oven, stirring occasionally, until dry and firm to touch, about 20 minutes.
- ☐ Meanwhile, rinse and drain chard. Trim and discard discolored stem ends; thinly slice stems and coarsely chop leaves.
- ☐ In a 5- to 6-quart pan over medium-high heat, stir sausage often until browned and crumbly, 5 to 8 minutes. With a slotted spoon, transfer sausage to pan with bread.
- ☐ Measure fat in the 5- to 6-quart pan; add enough butter to make 3 tablespoons.
- ☐ Add onion and celery. Stir often over medium-high heat until vegetables are limp, about 10 minutes.
- ☐ Add chard and stir often until limp, about 3 minutes.
- ☐ Combine bread mixture, parsley, sage, poultry seasoning, pepper, and chicken broth with chard mixture. Squeeze with your hands until evenly moistened. Return mixture to the 9- by 13-inch pan, spread level, and cover tightly.
- ☐ Bake in a 350 oven until dressing is hot in the center, about 40 minutes (45 to 50 minutes if chilled). For a crusty top, uncover for the last 20 minutes.

Nutrition Facts



Properties

Glycemic Index:32.94, Glycemic Load:17.72, Inflammation Score:-9, Nutrition Score:18.121739076531%

Flavonoids

Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg

Nutrients (% of daily need)

Calories: 297.79kcal (14.89%), Fat: 16.14g (24.83%), Saturated Fat: 4.77g (29.84%), Carbohydrates: 26.35g (8.78%), Net Carbohydrates: 24.05g (8.75%), Sugar: 3.41g (3.79%), Cholesterol: 30.62mg (10.21%), Sodium: 843.36mg (36.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.31g (24.62%), Vitamin K: 283.2µg (269.72%), Vitamin A: 2180.97IU (43.62%), Vitamin B1: 0.45mg (30.19%), Vitamin B3: 4.57mg (22.87%), Manganese: 0.45mg (22.49%), Selenium: 13.73µg (19.61%), Iron: 3.23mg (17.96%), Folate: 70.53µg (17.63%), Vitamin B2: 0.29mg (16.97%), Vitamin C: 13.4mg (16.24%), Vitamin B6: 0.27mg (13.33%), Phosphorus: 133.09mg (13.31%), Magnesium: 51.06mg (12.76%), Zinc: 1.59mg (10.59%), Potassium: 363.07mg (10.37%), Fiber: 2.3g (9.19%), Copper: 0.18mg (8.92%), Vitamin B12: 0.47µg (7.75%), Calcium: 70mg (7%), Vitamin E: 0.94mg (6.26%), Vitamin B5: 0.61mg (6.05%), Vitamin D: 0.55µg (3.69%)