



Sourdough-Sausage Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



181 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black
- 2 cups celery chopped
- 0.5 teaspoon marjoram dried
- 2 teaspoons rubbed sage dried
- 1 teaspoon thyme leaves dried
- 16 ounce less-sodium chicken broth fat-free canned
- 2 tablespoons parsley fresh chopped
- 1 teaspoon olive oil

- 2 cups onion chopped
- 0.5 teaspoon salt
- 11 ounces turkey sausage links italian
- 12 cups sourdough bread cubed () (1 pound)

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350
- Remove casings from sausage.
- Heat oil in a large nonstick skillet over medium-high heat; add sausage, and saut 5 minutes until browned, stirring to crumble.
- Add onion and celery, and saut 3 minutes. Stir in parsley and next 5 ingredients (parsley through pepper).
- Place sausage mixture in a large bowl; stir in bread and broth. Spoon stuffing into an 11 x 7-inch baking dish coated with cooking spray. Cover and bake at 350 for 15 minutes. Uncover; bake an additional 20 minutes or until golden brown.

Nutrition Facts



PROTEIN 22.17% **FAT 22.49%** **CARBS 55.34%**

Properties

Glycemic Index:22.61, Glycemic Load:15.79, Inflammation Score:-6, Nutrition Score:11.637391318446%

Flavonoids

Apigenin: 2.56mg, Apigenin: 2.56mg, Apigenin: 2.56mg, Apigenin: 2.56mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg

Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg

Nutrients (% of daily need)

Calories: 180.59kcal (9.03%), Fat: 4.56g (7.02%), Saturated Fat: 1.47g (9.18%), Carbohydrates: 25.26g (8.42%), Net Carbohydrates: 23.05g (8.38%), Sugar: 4.73g (5.25%), Cholesterol: 18.36mg (6.12%), Sodium: 901.59mg (39.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.12g (20.23%), Iron: 5.19mg (28.85%), Selenium: 19.76µg (28.23%), Vitamin K: 24.33µg (23.17%), Vitamin B1: 0.32mg (21.06%), Vitamin C: 15.11mg (18.31%), Vitamin B3: 3.49mg (17.44%), Folate: 65.78µg (16.45%), Manganese: 0.32mg (15.93%), Vitamin B2: 0.25mg (14.94%), Phosphorus: 125.49mg (12.55%), Vitamin B6: 0.24mg (12.03%), Fiber: 2.21g (8.83%), Zinc: 1.25mg (8.3%), Magnesium: 28.13mg (7.03%), Potassium: 244.98mg (7%), Copper: 0.13mg (6.53%), Vitamin B5: 0.57mg (5.65%), Calcium: 50.24mg (5.02%), Vitamin A: 232.85IU (4.66%), Vitamin B12: 0.25µg (4.16%), Vitamin E: 0.23mg (1.52%)