



Sourdough Stuffing with Pears and Sausage

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



169 kcal

SIDE DISH

Ingredients

- ☐ 2 cups purée of usa bartlett pear cubed peeled () (2 medium)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup carrots chopped
- ☐ 2 cups celery chopped
- ☐ 1.5 cups fat-skimmed beef broth fat-free
- ☐ 1.5 tablespoons basil fresh chopped
- ☐ 2 teaspoons tarragon fresh chopped
- ☐ 1 pound turkey sausage italian

- ☐ 8 ounce mushrooms
- ☐ 2 pounds onion chopped
- ☐ 1 teaspoon salt
- ☐ 8 cups sourdough bread cubed () (12 ounces)

Equipment

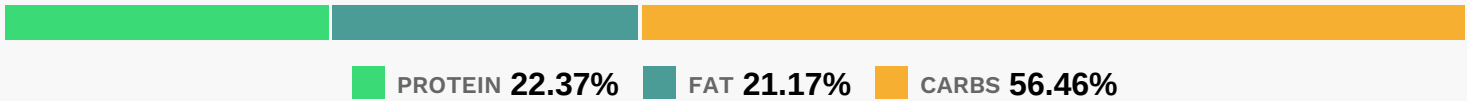
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425
- ☐ Arrange bread in a single layer on a baking sheet.
- ☐ Bake at 425 for 9 minutes or until golden.
- ☐ Place in a large bowl.
- ☐ Remove casings from sausage.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add sausage, and cook for 8 minutes or until browned, stirring to crumble.
- ☐ Add sausage to bread cubes, tossing to combine. Set aside.
- ☐ Return pan to medium-high heat.
- ☐ Add onion, celery, and carrot; saut 10 minutes or until onion begins to brown. Stir in mushrooms; cook 4 minutes. Stir in pear, basil, tarragon, and salt; cook 4 minutes or until pear begins to soften, stirring occasionally.
- ☐ Add pear mixture to bread mixture, tossing gently to combine. Stir in broth and pepper.
- ☐ Place bread mixture in a 13 x 9-inch baking dish coated with cooking spray; cover with foil.

Bake at 425 for 20 minutes. Uncover; bake stuffing an additional 15 minutes or until top of stuffing is crisp.

Nutrition Facts



Properties

Glycemic Index:35.94, Glycemic Load:10.83, Inflammation Score:-9, Nutrition Score:13.106087016023%

Flavonoids

Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 15.43mg, Quercetin: 15.43mg, Quercetin: 15.43mg, Quercetin: 15.43mg

Nutrients (% of daily need)

Calories: 168.71kcal (8.44%), Fat: 4.07g (6.26%), Saturated Fat: 1.44g (9.02%), Carbohydrates: 24.41g (8.14%), Net Carbohydrates: 20.85g (7.58%), Sugar: 8.69g (9.65%), Cholesterol: 20.03mg (6.68%), Sodium: 798.26mg (34.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.67g (19.34%), Vitamin A: 1947.67IU (38.95%), Iron: 4.89mg (27.15%), Vitamin C: 19.87mg (24.09%), Selenium: 16.61µg (23.73%), Vitamin B3: 3.45mg (17.24%), Vitamin B2: 0.27mg (16.12%), Vitamin B6: 0.32mg (16.01%), Manganese: 0.31mg (15.7%), Vitamin B1: 0.23mg (15.06%), Fiber: 3.57g (14.26%), Phosphorus: 142.48mg (14.25%), Folate: 54.43µg (13.61%), Potassium: 388.71mg (11.11%), Copper: 0.2mg (9.93%), Zinc: 1.31mg (8.76%), Vitamin B5: 0.86mg (8.56%), Vitamin K: 8.83µg (8.41%), Magnesium: 30.96mg (7.74%), Calcium: 53.82mg (5.38%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.2mg (1.35%)