



 **10%**
HEALTH SCORE

Sourdough Stuffing with Sage Sausage and Apples

READY IN



45 min.

SERVINGS



8

CALORIES



418 kcal

SIDE DISH

Ingredients

- 1 lb sausage
- 4 Tbsp butter divided
- 4 shallots sliced
- 2 cloves garlic minced
- 2 celery stalks diced
- 1 apples diced cored peeled
- 1 cup portabello mushrooms diced
- 2 Tbsp thyme sprigs fresh

- 3 Tbsp sage fresh minced
- 0.3 cup wine dry white
- 1 loaf sourdough bread diced whole wheat stale
- 3 cups chicken broth
- 8 servings salt and pepper to taste

Equipment

- bowl
- frying pan
- oven
- casserole dish
- aluminum foil

Directions

- In a large skillet over medium heat, cook sausage until no longer pink; about 10 minutes.
- Drain fat and set aside.
- In the same skillet melt 1 tablespoon of butter.
- Add shallots, garlic, celery, apple and mushrooms and saut until tender.
- Sprinkle with thyme and sage.
- Pour white wine over vegetables and de-glaze the pan. Saut for another 2 minutes to cook off the alcohol.
- In a large bowl, combine sausage, vegetable mixture, 2 tablespoons of butter, and bread.
- Pour chicken broth over stuffing, stirring well to evenly coat the bread pieces. You want the bread to be moist but not soggy.
- Place stuffing in a 9x13 inch casserole dish and cover with foil.
- Bake for 20 minutes and remove foil.
- Dot the top with remaining 1 tablespoon of butter and bake uncovered for an additional 10 minutes until the top has browned.
- Serve immediately

Nutrition Facts

PROTEIN 15.57% FAT 49.02% CARBS 35.41%

Properties

Glycemic Index:42.81, Glycemic Load:24.18, Inflammation Score:-9, Nutrition Score:18.280434782609%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Taste

Sweetness: 34.2%, Saltiness: 100%, Sourness: 29.47%, Bitterness: 16.01%, Savoriness: 42.72%, Fattiness: 56.62%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 418.22kcal (20.91%), Fat: 22.59g (34.76%), Saturated Fat: 9.04g (56.47%), Carbohydrates: 36.72g (12.24%), Net Carbohydrates: 33.95g (12.35%), Sugar: 6.71g (7.46%), Cholesterol: 57.85mg (19.28%), Sodium: 1272.14mg (55.31%), Alcohol: 0.77g (4.29%), Protein: 16.15g (32.29%), Copper: 7.01mg (350.73%), Vitamin B1: 0.6mg (40.27%), Manganese: 0.67mg (33.44%), Vitamin B3: 6.17mg (30.85%), Selenium: 18.89µg (26.98%), Vitamin B2: 0.4mg (23.61%), Iron: 3.71mg (20.62%), Folate: 79.62µg (19.9%), Phosphorus: 168.27mg (16.83%), Vitamin B6: 0.32mg (16.13%), Zinc: 2.1mg (13.98%), Fiber: 2.77g (11.08%), Potassium: 360.87mg (10.31%), Magnesium: 38.52mg (9.63%), Vitamin B12: 0.52µg (8.62%), Vitamin B5: 0.78mg (7.75%), Calcium: 70.47mg (7.05%), Vitamin C: 5.51mg (6.68%), Vitamin A: 322.2IU (6.44%), Vitamin D: 0.77µg (5.13%), Vitamin E: 0.48mg (3.19%), Vitamin K: 2.06µg (1.96%)