



WHATSheATE



Sourdough Stuffing with Sausage, Apples, and Golden Raisins

READY IN



45 min.

SERVINGS



16

CALORIES



373 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds diestel breakfast sausage
- ☐ 4 tablespoons butter divided ()
- ☐ 2 cups celery chopped (5 stalks)
- ☐ 3 large eggs
- ☐ 2 tablespoons sage fresh chopped
- ☐ 4 ounces golden raisins
- ☐ 2.5 cups chicken broth
- ☐ 4 cups onion generous chopped

- ☐ 1.5 pound sourdough bread cut into 1/2-inch cubes (13 cups)

Equipment

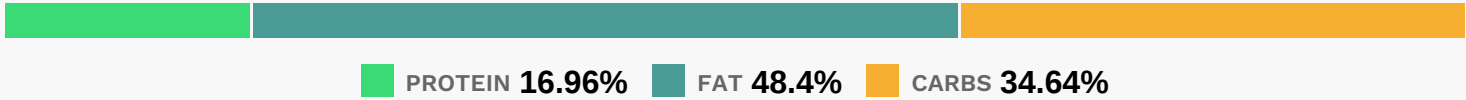
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ glass baking pan

Directions

- ☐ Position rack in center of oven and preheat to 350°F.
- ☐ Spread bread cubes in single layer on large rimmed baking sheet.
- ☐ Bake until pale golden, stirring occasionally, 15 to 20 minutes.
- ☐ Transfer bread to very large bowl.
- ☐ Sauté sausage in heavy large skillet over medium-high heat until cooked through, breaking up into small pieces with back of fork, 8 to 10 minutes. Using slotted spoon, transfer sausage to bowl with bread cubes.
- ☐ Add onions and celery to drippings in skillet; sauté until golden brown, about 12 minutes.
- ☐ Transfer to bowl with bread-sausage mixture (do not clean skillet).
- ☐ Melt 2 tablespoons butter in same skillet over medium-high heat.
- ☐ Add apples; sauté until tender, about 10 minutes.
- ☐ Add to bowl with bread mixture; mix in raisins.
- ☐ Melt remaining 2 tablespoons butter in same skillet over low heat.
- ☐ Add 2 tablespoons sage; stir 30 seconds.
- ☐ Add sage butter to bowl with bread-sausage mixture; toss to blend. Season stuffing with salt and freshly ground black pepper. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Position rack in center of oven and preheat to 350°F. Generously butter 15 x 10 x 2-inch glass baking dish.
- ☐ Whisk broth and eggs in medium bowl; add to stuffing and toss to mix.

- ☐ Transfer to prepared bakingdish.
- ☐ Bake stuffing uncovered until top isgolden and crisp in spots, 45 minutes to 1hour.
- ☐ Let stand 10 to 15 minutes and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:17.14, Glycemic Load:20.93, Inflammation Score:-5, Nutrition Score:16.297391145126%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg

Nutrients (% of daily need)

Calories: 372.69kcal (18.63%), Fat: 20.15g (31.01%), Saturated Fat: 7.42g (46.4%), Carbohydrates: 32.46g (10.82%), Net Carbohydrates: 30.3g (11.02%), Sugar: 8.11g (9.01%), Cholesterol: 83.22mg (27.74%), Sodium: 676.07mg (29.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.9g (31.79%), Copper: 2.45mg (122.34%), Vitamin B1: 0.49mg (32.37%), Vitamin B3: 5.4mg (26.99%), Selenium: 15.38µg (21.96%), Vitamin B2: 0.34mg (19.9%), Manganese: 0.39mg (19.47%), Phosphorus: 174.72mg (17.47%), Folate: 69.74µg (17.44%), Vitamin B6: 0.32mg (15.95%), Iron: 2.85mg (15.86%), Zinc: 1.95mg (13.03%), Potassium: 383.15mg (10.95%), Vitamin B12: 0.61µg (10.14%), Fiber: 2.15g (8.62%), Magnesium: 32.25mg (8.06%), Vitamin B5: 0.76mg (7.6%), Vitamin D: 0.92µg (6.16%), Calcium: 57.7mg (5.77%), Vitamin C: 3.98mg (4.82%), Vitamin A: 238.1IU (4.76%), Vitamin K: 4.9µg (4.67%), Vitamin E: 0.43mg (2.85%)