



Spinach, Fennel, and Sausage Stuffing with Toasted Brioche

READY IN



45 min.

SERVINGS



10

CALORIES



391 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 12 ounces egg bread loaf – crusts cut into 1" cubes
- ☐ 4 large eggs beaten
- ☐ 3 cups fennel bulb cored coarsely chopped
- ☐ 1.5 teaspoons fennel seeds
- ☐ 2 pounds spinach frozen thawed coarsely chopped well
- ☐ 1 pound ground sausage italian hot
- ☐ 2 teaspoons kosher salt

- ☐ 2.5 cups chicken broth
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 4 tablespoons butter unsalted divided plus more for dish
- ☐ 1.5 cups onion yellow chopped

Equipment

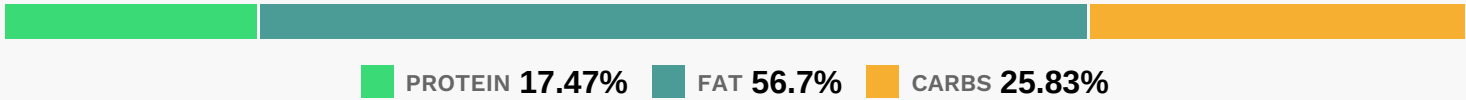
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350°F. Scatter bread on arimmed baking sheet. Toast until goldenbrown, tossing once, about 15 minutes.
- ☐ Letcool completely. DO AHEAD: Bread can betoasted 1 day ahead. Store airtight at roomtemperature.
- ☐ Heat oil in a large skillet over mediumheat.
- ☐ Add sausage and cook, breaking upinto small pieces with the back of a spoon,until browned and cooked through, 8-10minutes.
- ☐ Drain on a paper towel-lined plate;let cool. Melt 2 tablespoons butter in the sameskillet over medium-low heat.
- ☐ Add onion andfennel and cook, stirring occasionally, untilsoft, 10-12 minutes.DO AHEAD: Can bemade 1 day ahead.
- ☐ Let cool; cover and chill.
- ☐ Preheat oven to 350°F. Butter a 3-quartshallow baking dish.
- ☐ Whisk eggs to blend ina large bowl; whisk in broth. Stir in sausage,the onion-fennel mixture, spinach, salt,pepper, and fennel seeds.

- ☐
- Add bread; toss until evenly distributed and bread has absorbed the liquid.
- ☐
- Transfer to prepared dish; dot with remaining 2 tablespoons butter.
- ☐
- Bake until stuffing is hot and the top is golden brown, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:13.2, Glycemic Load:1.11, Inflammation Score:-10, Nutrition Score:29.153043415235%

Flavonoids

Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.93mg, Quercetin: 4.93mg, Quercetin: 4.93mg, Quercetin: 4.93mg

Nutrients (% of daily need)

Calories: 390.93kcal (19.55%), Fat: 25.1g (38.61%), Saturated Fat: 9.53g (59.57%), Carbohydrates: 25.73g (8.58%), Net Carbohydrates: 20.9g (7.6%), Sugar: 3.39g (3.77%), Cholesterol: 138.26mg (46.09%), Sodium: 1054.68mg (45.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.4g (34.8%), Vitamin K: 356.05µg (339.1%), Vitamin A: 10994.87IU (219.9%), Manganese: 0.98mg (49.04%), Folate: 192.12µg (48.03%), Selenium: 33.45µg (47.78%), Vitamin B1: 0.52mg (34.36%), Vitamin B2: 0.56mg (32.66%), Vitamin B3: 4.63mg (23.13%), Magnesium: 92.47mg (23.12%), Vitamin E: 3.42mg (22.8%), Iron: 4.1mg (22.76%), Phosphorus: 225.51mg (22.55%), Potassium: 699.72mg (19.99%), Vitamin B6: 0.4mg (19.87%), Calcium: 195.26mg (19.53%), Fiber: 4.83g (19.3%), Copper: 0.3mg (15.08%), Zinc: 2.02mg (13.46%), Vitamin C: 10.87mg (13.17%), Vitamin B12: 0.69µg (11.56%), Vitamin B5: 0.82mg (8.2%), Vitamin D: 0.62µg (4.13%)