

## Yummy Sweet Stuffing

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



349 kcal

SIDE DISH

### Ingredients

- 0.5 pound maple syrup flavored
- 0.5 cup maple syrup
- 6 servings salt and pepper to taste
- 0.8 cup bread stuffing mix dry
- 8 ounce roasted cranberry sauce canned

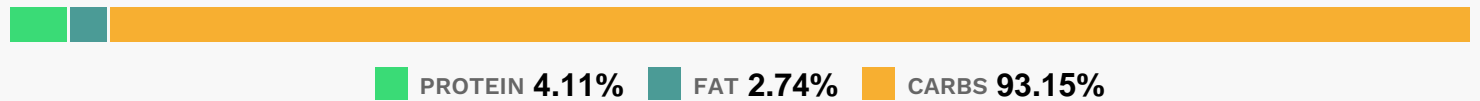
### Equipment

- frying pan

## Directions

- Prepare stuffing mix according to package directions.
- Brown the sausage in a skillet over medium heat; drain.
- Add the cranberry sauce and syrup; cook and stir until the cranberry sauce has melted. Stir in the prepared stuffing.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:12.17, Glycemic Load:15.9, Inflammation Score:-2, Nutrition Score:11.080869357547%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

## Nutrients (% of daily need)

Calories: 348.76kcal (17.44%), Fat: 1.06g (1.63%), Saturated Fat: 0.25g (1.58%), Carbohydrates: 81.36g (27.12%), Net Carbohydrates: 79.99g (29.09%), Sugar: 53.19g (59.1%), Cholesterol: 0.3mg (0.1%), Sodium: 617mg (26.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.19%), Manganese: 1.69mg (84.27%), Vitamin B2: 0.95mg (55.78%), Selenium: 14.35µg (20.5%), Vitamin B1: 0.22mg (14.97%), Folate: 50.06µg (12.52%), Calcium: 100.39mg (10.04%), Vitamin B3: 1.8mg (8.98%), Iron: 1.35mg (7.52%), Magnesium: 26.16mg (6.54%), Potassium: 228.8mg (6.54%), Fiber: 1.36g (5.45%), Zinc: 0.74mg (4.93%), Phosphorus: 43.21mg (4.32%), Copper: 0.08mg (4.02%), Vitamin E: 0.46mg (3.09%), Vitamin B6: 0.05mg (2.51%), Vitamin B5: 0.12mg (1.18%)