

Holiday Sausage Stuffing

JohnsonvilleKitchens.com

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*1 package Johnsonville Mild Italian Sausage (ground or deiced links)
12 slices frozen garlic toast
1/2 cup butter
2 medium onions, chopped
2 cups celery, chopped
1 cup green pepper, chopped
1 teaspoon rubbed sage
2 eggs, lightly beaten
2 cups chicken broth
salt and pepper*

Preheat the oven to 425 degrees.

Bake the garlic toast for 10 minutes. Cool and cut into 1-1/2-inch pieces. Transfer the pieces to a bowl.

Lower the oven temperature to 325 degrees.

In a large skillet, brown and cook the crumbled sausage until no longer pink. Drain. Remove from the skillet and set aside.

In the same skillet, melt the butter and saute' the onion, celery and green pepper until tender.

In a large mixing bowl, combine the sausage, vegetable mixture, garlic toast and sage. Add the eggs and broth; toss gently. Salt and pepper to taste. Spoon into a buttered three to four quart baking dish. Cover with foil.

Bake for 60 minutes. Uncover and bake 10 minutes longer or until lightly browned. Check the internal temperature with a meat thermometer; it should read 165 degrees when done.

Per Serving (excluding unknown items): 1200 Calories; 106g Fat (77.5% calories from fat); 29g Protein; 40g Carbohydrate; 11g Dietary Fiber; 672mg Cholesterol; 2822mg Sodium. Exchanges: 2 1/2 Lean Meat; 6 Vegetable; 19 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	1200	Vitamin B6 (mg):	1.0mg
% Calories from Fat:	77.5%	Vitamin B12 (mcg):	1.9mcg
% Calories from Carbohydrates:	13.0%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	9.4%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	106g	Folacin (mcg):	203mcg
Saturated Fat (g):	61g	Niacin (mg):	8mg
Monounsaturated Fat (g):	32g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	672mg	% Refused:	n n%
Carbohydrate (g):	40g	Food Exchanges	
Dietary Fiber (g):	11g	Grain (Starch):	0
Protein (g):	29g	Lean Meat:	2 1/2
Sodium (mg):	2822mg	Vegetable:	6
Potassium (mg):	1874mg	Fruit:	0
Calcium (mg):	252mg	Non-Fat Milk:	0
Iron (mg):	5mg	Fat:	19
Zinc (mg):	3mg	Other Carbohydrates:	0
Vitamin C (mg):	164mg		
Vitamin A (i.u.):	5218IU		
Vitamin A (r.e.):	1123 1/2RE		

Nutrition Facts

Amount Per Serving	
Calories 1200	Calories from Fat: 930
% Daily Values*	
Total Fat 106g	162%
Saturated Fat 61g	306%
Cholesterol 672mg	224%
Sodium 2822mg	118%
Total Carbohydrates 40g	13%
Dietary Fiber 11g	43%
Protein 29g	
Vitamin A	104%
Vitamin C	273%
Calcium	25%
Iron	29%

* Percent Daily Values are based on a 2000 calorie diet.