

Peach Pecan Sausage Cornbread Stuffing

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Servings: 8

1 nine-inch pan baked cornbread, crumbled
1 package (16 ounces) pork sausage roll
1 cup celery, chopped
1/2 cup onion, finely chopped
1 cup dried peaches, chopped
2 tablespoons dark brown sugar, packed
1/2 teaspoon dried thyme leaves
1 cup pecans, chopped and divided
1/4 cup fresh parsley, chopped
1 1/2 cups chicken broth

Preheat the oven to 350 degrees.

Place the cornbread onto a large baking sheet. Bake for 15 to 20 minutes or until lightly toasted.

In a large skillet over medium-high heat, cook the sausage, celery and onion, stirring constantly, for 8 to 10 minutes or until the sausage is thoroughly cooked. Drain.

Stir in the peaches, brown sugar and thyme. Cook and stir for 4 minutes.

Spoon the mixture into a large bowl. Add the cornbread, 1/2 of the pecans and the parsley. Mix lightly. Add the broth, mixing just until blended.

Spoon into a lightly greased two-quart casserole dish. Cover. Top with the remaining pecans.

Bake for 45 minutes or until hot, uncovering after 35 minutes.

Per Serving (excluding unknown items): 165 Calories; 10g Fat (48.7% calories from fat); 3g Protein; 20g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 160mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Fruit; 2 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	165	Vitamin B6 (mg):	.1mg
% Calories from Fat:	48.7%	Vitamin B12 (mcg):	trace

% Calories from Carbohydrates:	44.6%
% Calories from Protein:	6.7%
Total Fat (g):	10g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	0mg
Carbohydrate (g):	20g
Dietary Fiber (g):	3g
Protein (g):	3g
Sodium (mg):	160mg
Potassium (mg):	372mg
Calcium (mg):	26mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	5mg
Vitamin A (i.u.):	568IU
Vitamin A (r.e.):	56 1/2RE

Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	15mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refined:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	1
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 165	Calories from Fat: 80
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% Daily Values*

Total Fat 10g	15%
Saturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrates 20g	7%
Dietary Fiber 3g	13%
Protein 3g	
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Vitamin A	11%
Vitamin C	9%
Calcium	3%
Iron	8%

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