

# Sausage Cornbread Stuffing

*JimmyDean.com/recipes*  
*Tyson Foods, Inc.*

*1 package (16 ounce) premium pork  
sausage*  
*2 cups celery, chopped*  
*1 cup onion, finely chopped*  
*4 cups cornbread, toasted and  
chopped*  
*1/4 cup fresh parsley, chopped*  
*1 teaspoon poultry seasoning*  
*1 cup chicken broth*  
*1 egg, lightly beaten*  
*1/2 cup pecans (optional), chopped*

**Preparation Time: 20 minutes**

**Cook Time: 45 minutes**

Preheat the oven to 325 degrees.

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

Add the cornbread, parsley and seasoning. Mix lightly. Add in the broth, and egg. Mix until blended. Stir in the pecans, if using.

Spoon into a lightly greased two-quart casserole or souffle dish. Cover.

Bake for 45 minutes or until thoroughly heated, uncovering after 35 minutes.

*Cooks Tip: To toast the cornbread,  
bake at 400 degrees for 10 minutes.*

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Per Serving (excluding unknown items): 2738 Calories; 74g Fat (24.5% calories from fat); 79g Protein; 437g Carbohydrate; 8g Dietary Fiber; 591mg Cholesterol; 7283mg Sodium. Exchanges: 27 1/2 Grain(Starch); 1 1/2 Lean Meat; 4 Vegetable; 13 1/2 Fat.

Side Dishes

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	2738	<b>Vitamin B6 (mg):</b>	1.5mg
<b>% Calories from Fat:</b>	24.5%	<b>Vitamin B12 (mcg):</b>	2.2mcg
<b>% Calories from Carbohydrates:</b>	64.0%	<b>Thiamin B1 (mg):</b>	2.8mg
<b>% Calories from Protein:</b>	11.5%	<b>Riboflavin B2 (mg):</b>	3.0mg
<b>Total Fat (g):</b>	74g	<b>Folacin (mcg):</b>	757mcg
<b>Saturated Fat (g):</b>	17g	<b>Niacin (mg):</b>	26mg

**Monounsaturated Fat (g):** 20g  
**Polyunsaturated Fat (g):** 31g  
**Cholesterol (mg):** 591mg  
**Carbohydrate (g):** 437g  
**Dietary Fiber (g):** 8g  
**Protein (g):** 79g  
**Sodium (mg):** 7283mg  
**Potassium (mg):** 2696mg  
**Calcium (mg):** 2553mg  
**Iron (mg):** 28mg  
**Zinc (mg):** 7mg  
**Vitamin C (mg):** 50mg  
**Vitamin A (i.u.):** 4000IU  
**Vitamin A (r.e.):** 693 1/2RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0%

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### Food Exchanges

**Grain (Starch):** 27 1/2  
**Lean Meat:** 1 1/2  
**Vegetable:** 4  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 13 1/2  
**Other Carbohydrates:** 0

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## Nutrition Facts

### Amount Per Serving

**Calories** 2738                      **Calories from Fat:** 669

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### % Daily Values\*

<b>Total Fat</b> 74g	114%
Saturated Fat 17g	84%
<b>Cholesterol</b> 591mg	197%
<b>Sodium</b> 7283mg	303%
<b>Total Carbohydrates</b> 437g	146%
Dietary Fiber 8g	30%
<b>Protein</b> 79g	
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<b>Vitamin A</b>	80%
<b>Vitamin C</b>	83%
<b>Calcium</b>	255%
<b>Iron</b>	154%

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