

Sausage-Apple Stuffing

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Servings: 12

2 1/2 cups unsalted chicken stock
2 eggs
12 ounces toasted sourdough bread cubes
4 ounces reduced-fat pork breakfast sausage
1 tablespoon olive oil
3 cups apple, coarsely chopped
2/3 cup celery, chopped
2/3 cup onion, chopped
1/4 cup fresh parsley, chopped
1 tablespoon thyme leaves
1/2 teaspoon pepper
1/4 teaspoon Kosher salt

Bake: 45 minutes

Preheat the oven to 350 degrees.

Coat an 11x7-inch baking dish with cooking spray.

In a bowl, combine the chicken stock and eggs.

Add the sourdough bread cubes.

In a skillet, brown the pork sausage. Add the olive oil to the pan. Add the apple, celery and onion. Cook for 5 minutes or until tender. Add the sausage mixture, parsley, thyme, pepper and Kosher salt to the bread mixture.

Place the stuffing into the baking dish.

Bake the stuffing for 45 minutes.

Per Serving (excluding unknown items): 44 Calories; 2g Fat (41.2% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 35mg Cholesterol; 58mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	44	Vitamin B6 (mg):	trace
% Calories from Fat:	41.2%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	47.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	11.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	2g	Folacin (mcg):	10mcg

Saturated Fat (g): trace
Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 35mg
Carbohydrate (g): 5g
Dietary Fiber (g): 1g
Protein (g): 1g
Sodium (mg): 58mg
Potassium (mg): 84mg
Calcium (mg): 13mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 4mg
Vitamin A (i.u.): 129IU
Vitamin A (r.e.): 20 1/2RE

Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 44 Calories from Fat: 18

% Daily Values*

Total Fat	2g	3%
Saturated Fat	trace	2%
Cholesterol	35mg	12%
Sodium	58mg	2%
Total Carbohydrates	5g	2%
Dietary Fiber	1g	4%
Protein	1g	
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Vitamin A		3%
Vitamin C		7%
Calcium		1%
Iron		2%

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