Sausage, Artichoke & Parmesan Stuffing

Publix Aprons

Servings: 12

1 pound premium pork sausage 1 jar (12 ounce) marinated artichoke hearts, drained

1 1/2 bags (5 ounce ea) garlic/butter croutons

1/2 cup Parmesan cheese, shredded
1/2 cup trinity mix (fresh diced
onions, bell peppers and celery)
2 cups chicken broth
aluminum foil

Preparation Time: 15 minutes

Preheat the oven to 325 degrees.

In the bottom of a 13x9-inch baking dish, spread the sausage. Bake for 30 minutes.

Cut the artichokes into bite-size pieces.

Remove the sausage from the oven and crumble into fine pieces. Stir in the artichokes, croutons, cheese, trinity mix and broth. Cover the dish with foil.

Bake for 45 minutes. Remove the foil.

Bake for 5 more minutes or until golden. Serve.

Start to Finish Time: 55 minutes

Per Serving (excluding unknown items): 24 Calories; 1g Fat (52.9% calories from fat); 2g Protein; trace Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 196mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 0 Fat.

Side Dishes, Turkey

Dar Carrier Mutritional Analysis

Calories (kcal):	24	Vitamin B6 (mg):	trace
% Calories from Fat:	52.9%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	7.5%	Thiamin B1 (mg):	0mg
% Calories from Protein:	39.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	1g	Folacin (mcg):	1mcg
Saturated Fat (q):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg): Alcohol (kcal):	0mg
(0)			0
Polyunsaturated Fat (g):	trace		

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Cholesterol (mg):	3mg	% Dofusor	በ በ%
Carbohydrate (g):	trace	Food Exchanges	
Dietary Fiber (g): Protein (g):	trace 2g	Grain (Starch): Lean Meat: Vegetable: Fruit: Non-Fat Milk: Fat: Other Carbohydrates:	0
Sodium (mg): Potassium (mg):	196mg 38mg		1/2 0
Calcium (mg):	47mg		0
Iron (mg): Zinc (mg):	trace trace		0
Vitamin C (mg): Vitamin A (i.u.): Vitamin A (r.e.):	0mg 23IU 7RE		0
Vitalilli A (I.e.):	/ KE		

Nutrition Facts Servings per Recipe: 12

Amount Per Serving				
Calories 24	Calories from Fat: 12			
	% Daily Values*			
Total Fat 1g	2%			
Saturated Fat 1g	3%			
Cholesterol 3mg	1%			
Sodium 196mg	8%			
Total Carbohydrates trace	0%			
Dietary Fiber trace	0%			
Protein 2g				
Vitamin A	0%			
Vitamin C	0%			
Calcium	5%			
Iron	1%			

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