## **Traditional Sausage Stuffing**

Kim www.Johnsonville.com

1 package fresh Italian ground sausage
3 ribs celery, chopped
1 large onion, chopped
1 cup carrots, finely chopped
1 package (12 to 14 ounce) herbsasoned stuffing cubes
2 to 2-1/2 cups chicken broth
2 eggs, lightly beaten
1/2 cup fresh parsley, chopped

Preheat the oven to 325 degrees.

In a large skillet, cook the sausage over medium heat for 5 minutes.

Add the celery, onion and carrots.

Cook and stir for 5 to 10 minutes longer until the sausage is no longer pink and the vegetables are tender.

In a large bowl, combine the stuffing cubes and sausage mixture. Stir in the broth, eggs and parsley. Toss to combine.

Spoon into a greased 13x9-inch baking dish. Cover.

Bake for 30 minutes.

Uncover. Bake for 10 minutes longer or until a thermometer reads 160 degrees and the top is lightly browned.

Per Serving (excluding unknown items): 352 Calories; 13g Fat (34.3% calories from fat); 27g Protein; 31g Carbohydrate; 9g Dietary Fiber; 424mg Cholesterol; 1836mg Sodium. Exchanges: 2 1/2 Lean Meat; 5 1/2 Vegetable; 1 Fat.

Side Dishes

Dar Camina Mutritianal Analysis

% Calories from Fat: % Calories from Carbohydrates: % Calories from Protein: Total Fat (g): Saturated Fat (g): Monounsaturated Fat (g): Polyunsaturated Fat (g):	34.3% 35.6% 30.2% 13g 4g 5g 2g	Vitamin B12 (mcg): Thiamin B1 (mg): Riboflavin B2 (mg): Folacin (mcg): Niacin (mg): Caffeine (mg): Alcohol (kcal):	1.8mcg .3mg .7mg 176mcg 9mg 0mg 0
Cholesterol (mg): Carbohydrate (g): Dietary Fiber (g): Protein (g): Sodium (mg): Potassium (mg): Calcium (mg): Iron (mg): Zinc (mg): Vitamin C (mg):	424mg 31g 9g 27g 1836mg 1645mg 217mg 6mg 3mg 67mg	Food Exchanges Grain (Starch): Lean Meat: Vegetable: Fruit: Non-Fat Milk: Fat: Other Carbohydrates:	0 2 1/2 5 1/2 0 0 1
Vitamin A (i.u.): Vitamin A (r.e.):	38375IU 3927RE		

## **Nutrition Facts**

Amount Per Serving			
Calories 352	Calories from Fat: 121		
	% Daily Values*		
Total Fat 13g	21%		
Saturated Fat 4g	20%		
Cholesterol 424mg	141%		
Sodium 1836mg	76%		
<b>Total Carbohydrates</b> 31g	10%		
Dietary Fiber 9g	35%		
Protein 27g			
Vitamin A	767%		
Vitamin C	112%		
Calcium	22%		
Iron	34%_		

<sup>\*</sup> Percent Daily Values are based on a 2000 calorie diet.