

# Keto Italian Sausage Stuffing

Yield: 16 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/hot-italian-sausage-stuffing-recipe>

## Ingredients:

- 1 loaf bread Keto Coconut Flour, or 6 cups cubed keto bread or 269 grams
- 1 tablespoon olive oil
- 1 pound spicy Italian sausage or sweet, casings removed or 453 grams
- 1 teaspoon seasoning Bell's, See description above of dried herbs used
- 1/4 cup butter
- 1 cup diced onion or 142 grams
- 1 cup diced celery or 142 grams
- 1/2 cup fresh parsley chopped
- 1 tablespoon fresh rosemary chopped
- 2 teaspoons fresh thyme chopped
- 1 tablespoon fresh sage chopped
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups bone broth
- 1 large egg whisked

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 40 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 8 grams
7. SaturatedFat: 5 grams
8. Sodium: 610 milligrams
9. Sugar: 2 grams

---

Thank you for visiting our website. Hope you enjoy Keto Italian Sausage Stuffing above. You can see more 20 hot italian sausage stuffing recipe Elevate your taste buds! to get more great cooking ideas.