

# Low Carb Thanksgiving Stuffing or Dressing

Yield: 4 min  
Total Time: 75 min

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

## Ingredients:

- 2 large eggs separated
- 1/4 cup butter melted cooled, separated
- 3 tablespoons almond flour
- 1/2 teaspoon baking powder
- 1/4 cup diced celery
- 1/4 cup chopped onion
- 1 clove garlic minced
- 1/2 teaspoon rubbed sage
- 1/2 teaspoon poultry seasoning
- 1 pinch salt and black pepper
- 1 tablespoon Italian parsley minced fresh
- 1 slice bread Sami's Low-Carb 7-Grain Fiber, cubed
- 1 1/4 ounces breakfast sausage cooked crumbled, one link
- 1 teaspoon chicken bouillon powdered
- 2 tablespoons shredded Parmesan cheese
- 2 tablespoons water

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 140 milligrams
4. Fat: 17 grams
5. Fiber: 1 grams
6. Protein: 6 grams
7. SaturatedFat: 9 grams
8. Sodium: 440 milligrams
9. Sugar: 1 grams

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