

# Italian Sausage and Apple Stuffing!

Yield: 8 min  
Total Time: 70 min

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

## Ingredients:

- 5 ounces Ciabatta rolls
- 1/2 pound Italian pork sausage loose mild
- 2 yellow onions
- 3 celery ribs
- 3/4 pound Granny Smith apples
- 3 sprigs fresh sage
- 6 sprigs fresh thyme
- 6 sprigs fresh flat leaf parsley
- 3 eggs pasture-raised organic
- 1/4 teaspoon ground nutmeg
- 1 cup vegetable stock
- olive oil about 3 Tablespoons
- sea salt
- pepper

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 100 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 9 grams
7. SaturatedFat: 4 grams
8. Sodium: 540 milligrams
9. Sugar: 7 grams

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