

Apple, Fennel & Italian Sausage Stuffing

Yield: 4 min
Total Time: 80 min

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

Ingredients:

- 1 1/2 tablespoons olive oil divided
- 500 grams Italian pork sausages mild, about 4 - 5 sausages, removed from casings
- 1 1/2 cups diced onion
- 2 garlic cloves minced
- 1 1/2 cups fennel bulb diced
- 2 teaspoons fennel seeds dried
- 2 teaspoons dried rosemary
- 2 teaspoons dried sage
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 5 cups Honeycrisp apples local, cored, unpeeled and 1/2" diced, about 4 - 5 medium apples
- 2 eggs lightly beaten with 2 tablespoons of water
- 3/4 cup grated Parmesan cheese freshly, divided 1/2 cup and 1/4 cup each
- sage leaves Fresh, for garnish, optional

Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 215 milligrams
4. Fat: 52 grams
5. Fiber: 7 grams
6. Protein: 29 grams
7. SaturatedFat: 19 grams
8. Sodium: 1860 milligrams
9. Sugar: 19 grams

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