

Hungry Planet Italian Sausage™ Butternut Stuffing

Recipe group	Additional name	Diet factors	Portions	Portion size
CARBS	Hungry Planet		25	5.35 oz

1 ROAST BUTTERNUT AND APPLES

Name of ingredient	Capacity measure	EP	Methods
Squash, winter, butternut, raw	1 2/3 qt	1 lb 15.25 oz	ROAST BUTTERNUT AND APPLE Heat oven to 400°F. Line a tray with foil and drizzle half of olive oil to prevent sticking. Arrange the squash and drizzle with more olive oil, salt, and pepper. Cook for about 10 minutes before adding the apples, sage and thyme and a drizzle more olive oil. Allow squash and apples to cook without becoming completely mushy (about 20-30 minutes depending on sizes). Remove from oven when done and set aside.
Apples, raw, with skin		0 lb 12.50 oz	
Oil, olive	9 1/3 tbsp	0 lb 4.46 oz	
Salt, kosher, Diamond Crystal	6 1/4 tbsp	0 lb 1.84 oz	
Spices, black pepper, ground	~ 3 1/4 tbsp	0 lb 0.74 oz	
Sage, fresh, chopped	~ 3 tbsp	0 lb 0.25 oz	
Thyme, fresh, chopped	~ 1/3 cup	0 lb 0.06 oz	

2 SEAR HUNGRY PLANET ITALIAN SAUSAGE™

Name of ingredient	Capacity measure	EP	Methods
Oil, olive	9 1/3 tbsp	0 lb 4.46 oz	SEAR HUNGRY PLANET ITALIAN SAUSAGE™ Heat oil over high heat. Add sliced onion. When translucent, add Hungry Planet Italian Sausage™, breaking apart into small chunks while allowing to sear (3-4 minutes). Season with salt and pepper. Set aside.
Hungry Planet Italian Sausage™		1 lb 9.00 oz	
Onion, red, raw, sliced	~ 2 cup	0 lb 6.25 oz	
Salt, kosher, Diamond Crystal	~ 3 tbsp	0 lb 0.92 oz	

3 ASSEMBLE

Name of ingredient	Capacity measure	EP	Methods
Croutons, seasoned	2 1/4 qt	0 lb 12.50 oz	ASSEMBLE Heat oven to 375°F. Mix together butternut and apple, Hungry Planet Italian Sausage™, and croutons in a heat proof serving dish. Pour apple cider over the mixture. Cover with foil, bake for 7 minutes. Remove foil and let toast slightly (about 3 minutes).
Raisins, golden seedless	~ 1/3 cup	0 lb 1.88 oz	
Apple cider vinegar	~ 2 pt	1 lb 15.25 oz	

4 GARNISH

Name of ingredient	Capacity measure	EP	Methods
Parsley, fresh	~ 3 tbsp	0 lb 0.35 oz	GARNISH Garnish with parsley. Serve warm.

ALLERGENS



SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	8 lb 5.72 oz	0 %	8 lb 5.72 oz	0 %	8 lb 5.72 oz
Size of portion	5.35 oz		5.35 oz		5.35 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals			
Fat	9.11 g	53.80 %	149.82 kcal	Salt	2.25 g		
Saturated	1.43 g	8.46 %	626.84 kJ	Salt	2.25 %	Vitamins	
Monounsaturated	5.77 g	34.05 %	0.63 MJ	Sodium	970.99 mg	Vitamin A	126.63 µg
Polyunsaturated	0.95 g	5.59 %		Phosphorus	25.88 mg	Vitamin D	0.00 µg
Trans	0.00 g	0.00 %		Potassium	234.93 mg	Thiamine	0.08 mg
Cholesterol	0.65 mg			Iron	1.25 mg	Riboflavin	0.05 mg
Linolenic acid	0.87 g			Calcium	46.72 mg	Niacin	0.76 mg
Alpha-linolenic acid	0.85 mg			Zinc	0.15 mg	Vitamin B6	0.06 mg
Carbohydrate	13.39 g	36.31 %		Magnesium	14.48 mg	Vitamin B12	0.01 µg
Sugars	2.93 g	7.95 %		Iodine	0.00 µg	Folic acid	6.08 µg
Sugar	0.00 g			Selenium	2.87 µg	Vitamin C	6.15 mg
Lactose	0.00 g			Copper	0.05 mg	Vitamin E	1.36 mg
Fibre	2.57 g	3.28 %				Vitamin K	10.48 µg
Organic acids	0.00 g	0.00 %				Others	
Sugar alcohol	0.00 g	0.00 %				Water	33.24 g
Starch	0.00 g	0.01 %					
Protein	4.61 g	12.51 %					
Alcohol	0.00 g	0.00 %					