

# Healthy Low-Carb Holiday Stuffing

Hands-on 30 minutes Overall 4 hours



**Nutritional values (per serving, serving):** Total carbs: 8.8 g, Fiber: 5.2 g, **Net carbs: 3.6 g,**

Protein: 14.3 g, Fat: 21.7 g, Calories: 278 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

## Ingredients (makes 16 servings)

1 recipe [Sourdough Keto Baguettes](#) - see [allergy-free tips in the intro](#) for suitable alternatives

600 g gluten-free sausage meat (1.32 lb/ 21.2 oz)

1/4 cup [ghee](#) or lard (55 g/ 1.9 oz)

1 large white onion (150 g/ 5.3 oz)

3 cloves garlic

2-3 celery stalks (120 g/ 4.2 oz)

1 tbsp freshly chopped sage leaves or 1 tsp dried

1 tbsp freshly chopped rosemary or 1 tsp dried

3 cups [chicken stock](#) or [bone broth](#) - you can [make your own](#) (720 ml / 24 fl oz)

1/3 cup heavy whipping cream or [coconut milk](#) - I like [Aroy-D coconut milk](#) (80 ml / 3 fl oz)

2 large eggs

1 tsp salt or to taste ([pink Himalayan](#) or sea salt)

1/4 tsp black pepper

*Note: Recipe makes 16 appetizer/side servings, or 8 large (regular) servings.*

## Instructions

1. Make the [sourdough keto baguettes](#). I made mine 2 days in advance but freshly baked baguettes will work too. Cut the baguettes into about 1/2-inch pieces (1 cm). Preheat the oven to *low*, 100 °C/ 210 °F.
2. Place the diced bread on a baking sheet lined with baking paper and transfer into the oven. Dry in the oven for 3 hours. You need to dry the bread so that it can soak all the juices when you mix it with the remaining ingredients. Then remove from the oven and set aside on a cooling rack.
3. Preheat the oven to 175 °C/ 350 °F. Remove the sausage casing and place the sausage meat on a hot pan greased with half of the

ghee. Break any large pieces with a spatula...

4. ... and cook until the meat is browned from all sides. This will take just 6-8 minutes. Then, use a slotted spoon and transfer the meat in bowl. Set aside.
5. Peel and slice the onion and chop the garlic. Place the onion in a the same pan greased with the remaining ghee and cook over a medium heat until fragrant and lightly browned. This will take about 10 minutes.
6. Meanwhile, chop the celery and all the herbs (rosemary and sage) into small pieces.
7. Add the herbs and celery to the onion and keep cooking for another 5 minutes or until the celery is tender.
8. When done, take off the heat and set aside. Place the dried keto bread pieces, sausage meat and cooked onion & celery into a large mixing bowl.
9. Pour in the chicken stock and combine well. Let the bread soak up all the juices.
10. Crack the eggs in a bowl and mix with the cream. Season with salt and pepper.
11. Place the content of the large mixing bowl in a baking tray. Pour the egg mixture evenly all over the stuffing and place in the oven.
12. Cook for 35-40 minutes. When done, remove from the oven and set aside on a cooling rack. Eat immediately or let it chill completely and store in the fridge for up to 5 days. Enjoy!

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