



Chorizo and Corn Bread Stuffing

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



498 kcal

SIDE DISH

Ingredients

- 0.5 cup carrots chopped (1 large carrot)
- 0.5 cup celery chopped
- 0.5 cup chicken stock see
- 1 pound chorizo diced hard
- 0.3 cup cilantro leaves chopped
- 2 cups corn bread crumbled
- 1 tablespoon garlic chopped
- 1 onion diced white

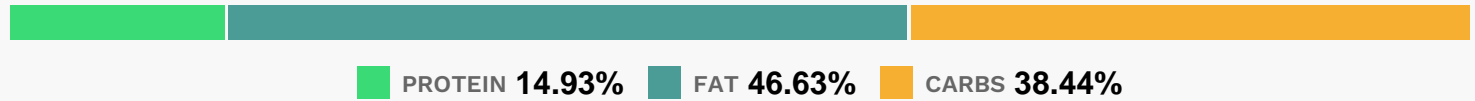
Equipment

- frying pan
- oven

Directions

- Cook the chorizo in a skillet over medium heat until the fat has been rendered, about 5 minutes.
- Preheat the oven to 350 degrees F.
- Add the onion, carrots, celery, and garlic to the chorizo and cook until the vegetables have caramelized, about 10 minutes.
- Add the crumbled corn bread, chicken stock, and cilantro. Make sure that the stuffing itself is not to dry but at the same time not to wet.
- Place the stuffing into a buttered casserole and bake in the oven until heated through and lightly browned, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:32.64, Glycemic Load:0.88, Inflammation Score:-9, Nutrition Score:10.320000182027%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 498.46kcal (24.92%), Fat: 25.41g (39.09%), Saturated Fat: 9.77g (61.08%), Carbohydrates: 47.14g (15.71%), Net Carbohydrates: 44.53g (16.19%), Sugar: 14.35g (15.94%), Cholesterol: 92.8mg (30.93%), Sodium: 517.1mg (22.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.31g (36.62%), Vitamin A: 2266.74IU (45.33%), Phosphorus: 327.18mg (32.72%), Iron: 3.08mg (17.12%), Folate: 53.37µg (13.34%), Manganese: 0.25mg (12.39%), Calcium: 121.03mg (12.1%), Vitamin B1: 0.18mg (11.81%), Selenium: 7.63µg (10.9%), Fiber: 2.61g (10.42%), Vitamin B3:

2.06mg (10.32%), Vitamin B2: 0.17mg (10.21%), Vitamin K: 8.99µg (8.57%), Vitamin B6: 0.14mg (6.99%), Potassium: 217.49mg (6.21%), Vitamin B5: 0.54mg (5.42%), Magnesium: 18.75mg (4.69%), Copper: 0.09mg (4.44%), Zinc: 0.64mg (4.29%), Vitamin C: 2.96mg (3.59%), Vitamin E: 0.52mg (3.48%), Vitamin B12: 0.18µg (3.02%)