



Chorizo and Cornbread Stuffing

READY IN



55 min.

SERVINGS



3

CALORIES



1020 kcal

SIDE DISH

Ingredients

- ☐ 1 medium carrots finely chopped
- ☐ 1 celery stalk finely chopped
- ☐ 1 pound mexican chorizo fresh
- ☐ 2 cups coarsely cornbread crumbled
- ☐ 0.3 cup cilantro leaves fresh plus more for garnish chopped
- ☐ 3 garlic cloves finely chopped
- ☐ 0.5 cup chicken stock see low-sodium store-bought fine is
- ☐ 1 tablespoon butter unsalted
- ☐ 1 medium onion white finely chopped

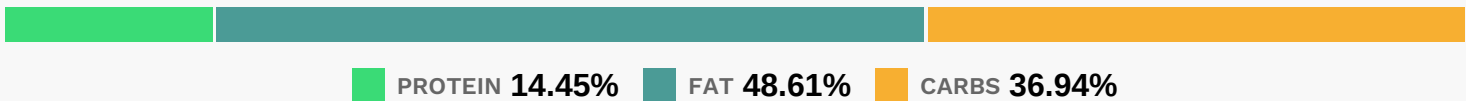
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Heat a large skillet over medium heat and cook the chorizo, breaking it up with a spoon and stirring occasionally as it cooks, until it begins to brown, about 5 minutes.
- ☐ Add the onion, carrot, celery and garlic to the chorizo and cook, stirring occasionally, until the vegetables have browned, about 10 minutes.
- ☐ Add the crumbled cornbread and cilantro and gradually pour in enough of the stock so the stuffing is not too dry but at the same time not too wet. Stir gently and well.
- ☐ Butter a small casserole dish.
- ☐ Spread the stuffing in an even layer.
- ☐ Bake until it's heated through and lightly browned on top, about 20 minutes.
- ☐ Serve right away, garnished with the cilantro and cotija, if desired.
- ☐ Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:65.28, Glycemic Load:1.69, Inflammation Score:-10, Nutrition Score:19.803478457358%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg

Nutrients (% of daily need)

Calories: 1020.2kcal (51.01%), Fat: 54.33g (83.59%), Saturated Fat: 21.88g (136.74%), Carbohydrates: 92.89g (30.96%), Net Carbohydrates: 87.95g (31.98%), Sugar: 27.87g (30.96%), Cholesterol: 194.44mg (64.81%), Sodium: 976.29mg (42.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.34g (72.68%), Vitamin A: 4412.28IU (88.25%), Phosphorus: 652.93mg (65.29%), Iron: 6.13mg (34.08%), Folate: 99.12µg (24.78%), Manganese: 0.48mg (24.2%), Calcium: 237.62mg (23.76%), Vitamin B1: 0.34mg (22.49%), Selenium: 14.42µg (20.59%), Vitamin B3: 3.98mg (19.89%), Fiber: 4.94g (19.77%), Vitamin B2: 0.32mg (18.67%), Vitamin K: 13.57µg (12.92%), Vitamin B6: 0.25mg (12.52%), Potassium: 385.76mg (11.02%), Vitamin B5: 1.05mg (10.49%), Magnesium: 34.65mg (8.66%), Copper: 0.17mg (8.59%), Zinc: 1.25mg (8.36%), Vitamin E: 1.09mg (7.29%), Vitamin B12: 0.41µg (6.83%), Vitamin C: 5.41mg (6.56%)