

Chorizo and Green Olive Stuffing

READY IN



120 min.

SERVINGS



8

CALORIES



1425 kcal

SIDE DISH

Ingredients

- 8 ounces chorizo diced
- 14 cups top cut into 1/2 inch cubes
- 6 cloves garlic minced
- 2 cups olive green pitted chopped fine
- 2 cups onion diced fine
- 1 tablespoon sugar raw to taste (turbinado) ()
- 1 sprig rosemary
- 1 pinch saffron threads
- 0.3 teaspoon paprika smoked

- 4 cups turkey stock
- 8 tablespoons butter unsalted

Equipment

- bowl
- frying pan
- baking sheet
- oven
- mixing bowl
- baking pan
- spatula

Directions

- Preheat oven to 275°F. Arrange bread cubes on a baking sheet and bake until completely dried, about 45 minutes, then transfer to a large bowl. Increase oven temperature to 350°F.
- Heat a large skillet on medium heat.
- Add butter and chorizo, and cook until sausage is crisp and fat is reddish/orange. Stir in paprika, rosemary, and onions, then cook until onions turn translucent. Stir in garlic and olives and cook for one minute until fragrant.
- Add stock and saffron. Stir to combine, then bring mixture to a simmer.
- Let cook for five minutes at a bare simmer for flavors to meld.
- Add salt and sugar as needed.
- Remove rosemary.
- Pour broth mixture over bread cubes in mixing bowl and toss with a spatula until well combined.
- Transfer mixture to a 9 by 13 baking dish, lightly distributing evenly; do not pack down.
- Bake for 30 minutes or until top is well browned but center is still moist.

Nutrition Facts



■ PROTEIN 14.91% ■ FAT 21.77% ■ CARBS 63.32%

Properties

Glycemic Index:40.06, Glycemic Load:166.69, Inflammation Score:-9, Nutrition Score:44.53782596925%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

Nutrients (% of daily need)

Calories: 1424.63kcal (71.23%), Fat: 34.6g (53.23%), Saturated Fat: 13g (81.25%), Carbohydrates: 226.38g (75.46%), Net Carbohydrates: 215.41g (78.33%), Sugar: 24.4g (27.11%), Cholesterol: 51.37mg (17.12%), Sodium: 3192.02mg (138.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.31g (106.62%), Vitamin B1: 3.01mg (200.8%), Selenium: 121.98µg (174.26%), Folate: 524.35µg (131.09%), Manganese: 2.26mg (113.15%), Vitamin B2: 1.89mg (111.16%), Vitamin B3: 21.98mg (109.9%), Iron: 17.3mg (96.1%), Phosphorus: 486.66mg (48.67%), Fiber: 10.98g (43.91%), Copper: 0.76mg (37.95%), Magnesium: 145.96mg (36.49%), Zinc: 4.6mg (30.64%), Vitamin B6: 0.6mg (30.18%), Calcium: 253.52mg (25.35%), Potassium: 695.67mg (19.88%), Vitamin E: 2.54mg (16.96%), Vitamin B5: 1.47mg (14.7%), Vitamin A: 619.5IU (12.39%), Vitamin C: 3.91mg (4.74%), Vitamin K: 4.84µg (4.61%), Vitamin D: 0.21µg (1.4%)