



WHATSheATE



Chorizo Corn Bread Stuffing

READY IN



300 min.

SERVINGS



10

CALORIES



306 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon sage dried
- ☐ 1 large eggs
- ☐ 0.5 cup flat parsley coarsely chopped
- ☐ 1 cup flour all-purpose
- ☐ 2 cups chicken broth reduced-sodium
- ☐ 1 cup milk
- ☐ 2 cups onion chopped

- ☐ 0.5 teaspoon salt
- ☐ 8 ounces chorizo spanish packed coarsely chopped (dry-cured spiced sausage) ()
- ☐ 0.3 cup sugar
- ☐ 0.3 cup butter unsalted
- ☐ 1.5 cups cornmeal yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

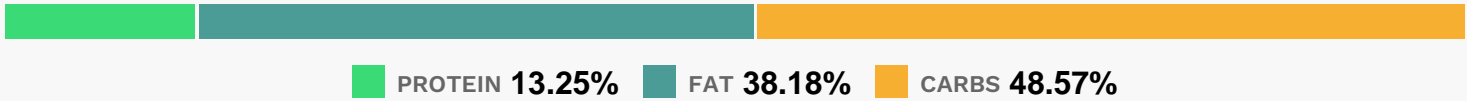
- ☐ Heat oven to 400°F with rack in middle and butter an 8-inch square baking pan.
- ☐ Whisk together cornmeal, flour, sugar, baking powder, and salt in a large bowl.
- ☐ Whisk together milk, egg, and butter in a small bowl and stir into dry ingredients.
- ☐ Pour batter into buttered baking pan.
- ☐ Bake until golden and a tester comes out clean, 25 to 30 minutes.
- ☐ Cool corn bread in pan on a rack 10 minutes, then turn out onto rack to cool completely.
- ☐ Cut corn bread into 3/4-inch cubes and put in a large bowl.
- ☐ Melt butter in a 12-inch heavy skillet over medium heat, then add onions and cook, stirring occasionally, until softened, about 8 minutes.
- ☐ Add chorizo, corn, sage, salt, and pepper and cook, stirring occasionally, 10 minutes.
- ☐ Remove from heat and add parsley.
- ☐ Toss chorizo mixture with corn bread and transfer to a 13- by 9-inch baking pan.
- ☐ Drizzle with chicken broth.
- ☐ Bake at 400°F uncovered, until golden brown, about 30 minutes.

•Spanish chorizo is a dry-cured pork sausage that gets its distinctive smoky flavor from pimentón de la Vera, a sweet red chile grown in the La Vera valley of western Spain, and slowly smoke-dried before being ground into a powder. There are many different brands of Spanish chorizo and they vary surprisingly in looks, texture, and flavor. Some are imported from Spain and some are made in the United States. A Spanish brand we particularly like is Palacios, which is available in some specialty markets, Latino markets, and by mail order from tienda.com.

•Corn bread can be baked 1 day ahead and kept covered at room temperature.

•Stuffing can be assembled without stock 4 hours ahead and kept, loosely covered, at room temperature.

Nutrition Facts



Properties

Glycemic Index:46.26, Glycemic Load:22.2, Inflammation Score:-6, Nutrition Score:10.671739215436%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

Nutrients (% of daily need)

Calories: 305.96kcal (15.3%), Fat: 13.01g (20.01%), Saturated Fat: 5.92g (37.02%), Carbohydrates: 37.23g (12.41%), Net Carbohydrates: 33.98g (12.36%), Sugar: 8.04g (8.93%), Cholesterol: 47.9mg (15.97%), Sodium: 279.09mg (12.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.16g (20.32%), Vitamin K: 50.23µg (47.84%), Phosphorus: 154.71mg (15.47%), Manganese: 0.3mg (15.03%), Vitamin B1: 0.2mg (13.54%), Fiber: 3.25g (13.02%), Iron: 2.32mg (12.89%), Calcium: 122.11mg (12.21%), Selenium: 7.92µg (11.32%), Folate: 44.19µg (11.05%), Vitamin A: 543.84IU (10.88%), Vitamin B6: 0.22mg (10.81%), Vitamin B3: 2.08mg (10.42%), Vitamin B2: 0.17mg (9.96%), Magnesium: 37.62mg (9.41%), Vitamin C: 6.36mg (7.71%), Zinc: 1.13mg (7.55%), Potassium: 240.77mg (6.88%), Copper: 0.12mg (6.17%), Vitamin B5: 0.42mg (4.23%), Vitamin B12: 0.23µg (3.89%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.32mg (2.15%)