



Chorizo Corn Bread Stuffing

READY IN



300 min.

SERVINGS



10

CALORIES



331 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 ears corn fresh frozen thawed (one 10-ounce package)
- 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

■ PROTEIN **13.24%**
■ FAT **35.93%**
■ CARBS **50.83%**

Properties

Glycemic Index:46.26, Glycemic Load:22.2, Inflammation Score:-6, Nutrition Score:12.04869551244%

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: 330.9kcal (16.55%), Fat: 13.4g (20.61%), Saturated Fat: 6.02g (37.61%), Carbohydrates: 42.65g (14.22%), Net Carbohydrates: 38.82g (14.12%), Sugar: 9.85g (10.95%), Cholesterol: 47.9mg (15.97%), Sodium: 283.44mg (12.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.1g (22.22%), Vitamin K: 50.32µg (47.92%), Phosphorus: 180.52mg (18.05%), Manganese: 0.35mg (17.39%), Vitamin B1: 0.25mg (16.54%), Fiber: 3.83g (15.34%), Folate: 56.37µg (14.09%), Iron: 2.47mg (13.73%), Vitamin B3: 2.6mg (12.98%), Calcium: 122.69mg (12.27%), Vitamin B6: 0.24mg (12.16%), Magnesium: 48.35mg (12.09%), Vitamin A: 598.07IU (11.96%), Selenium: 8.1µg (11.57%), Vitamin B2: 0.19mg (10.9%), Vitamin C: 8.33mg (10.1%), Potassium: 319.07mg (9.12%), Zinc: 1.27mg (8.44%), Copper: 0.14mg (6.96%), Vitamin B5: 0.63mg (6.31%), Vitamin B12: 0.23µg (3.89%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.34mg (2.29%)