

# Chorizo, Roasted Corn, and Currant Dressing

READY IN



45 min.

SERVINGS



3

CALORIES



1257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 rib celery stalks
- 0.5 cup currants dried
- 0.5 teaspoon rubbed sage dried
- 2 ears corn
- 3 tablespoons flat parsley fresh chopped
- 2 tablespoons olive oil
- 1 large onion
- 0.5 pound chorizo spanish ( 3 links)
- 1.5 cups tortilla chips salted crumbled

- 0.3 cup butter unsalted
- 2.5 cups water
- 1 pound sandwich bread white firm

## Equipment

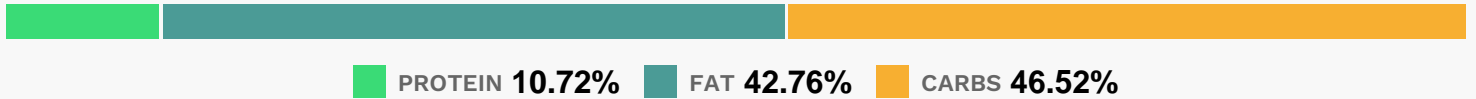
- bowl
- frying pan
- paper towels
- oven
- baking pan
- casserole dish
- slotted spoon

## Directions

- Preheat oven to 350°F.
- Cut bread into 1/2-inch pieces and spread evenly in a shallow baking pan. Toast bread in middle of oven, stirring occasionally, until golden, 10 to 15 minutes, and transfer croutons to a large bowl.
- Increase temperature to 400°F.
- In shallow baking pan put 1 tablespoon oil and add corn, turning it to coat. Season corn with salt and roast in middle of oven, turning it once halfway through roasting, about 30 minutes. Cool corn to room temperature.
- Cut corn kernels from cobs and transfer to a bowl.
- Cut chorizo into 1/2-inch cubes. Coarsely chop onion and celery and in a large skillet cook in butter over moderate heat, stirring occasionally, until tender, about 10 minutes.
- Add vegetables and any butter remaining in skillet to corn. In skillet cook chorizo in remaining tablespoon oil over moderate heat, stirring occasionally, until browned and with a slotted spoon transfer to paper towels to drain.
- Preheat oven to 350°F.
- To croutons add corn mixture, chorizo, and all remaining ingredients except water, tossing to combine well, and season with salt and pepper.

- Drizzle water over dressing and toss to evenly distribute.
- Transfer dressing to a 4-quart shallow casserole dish. Dressing may be made up to this point 1 day ahead and chilled, covered.
- Bake dressing, covered, in middle of oven until heated through, about 30 minutes. Uncover dressing and bake until top is crisp, about 15 minutes more. Makes about 12 cups, serving 6 generously.

## Nutrition Facts



### Properties

Glycemic Index:72.93, Glycemic Load:58.46, Inflammation Score:-9, Nutrition Score:33.506521294946%

### Flavonoids

Apigenin: 8.69mg, Apigenin: 8.69mg, Apigenin: 8.69mg, Apigenin: 8.69mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 10.17mg, Quercetin: 10.17mg, Quercetin: 10.17mg, Quercetin: 10.17mg

### Nutrients (% of daily need)

Calories: 1256.74kcal (62.84%), Fat: 60.5g (93.08%), Saturated Fat: 20.86g (130.36%), Carbohydrates: 148.08g (49.36%), Net Carbohydrates: 138.22g (50.26%), Sugar: 29.42g (32.69%), Cholesterol: 87.92mg (29.31%), Sodium: 947.85mg (41.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.12g (68.24%), Vitamin K: 86.91µg (82.77%), Vitamin B1: 1.01mg (67.09%), Manganese: 1.18mg (58.98%), Selenium: 38.59µg (55.13%), Folate: 219.24µg (54.81%), Iron: 8.59mg (47.75%), Vitamin B3: 9.26mg (46.28%), Calcium: 430.94mg (43.09%), Phosphorus: 399.24mg (39.92%), Fiber: 9.86g (39.44%), Magnesium: 129.6mg (32.4%), Vitamin B2: 0.5mg (29.13%), Vitamin E: 4.26mg (28.4%), Vitamin A: 1223.6IU (24.47%), Vitamin B6: 0.44mg (21.75%), Potassium: 735.2mg (21.01%), Copper: 0.41mg (20.4%), Vitamin B5: 2.04mg (20.36%), Zinc: 2.66mg (17.71%), Vitamin C: 14.3mg (17.33%), Vitamin D: 0.28µg (1.89%)