



Corn-Bread and Chorizo Stuffing



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



8

CALORIES



117 kcal

SIDE DISH

Ingredients

- ☐ 3 cups celery stalks coarsely chopped
- ☐ 1 large eggs
- ☐ 2 tablespoons garlic chopped
- ☐ 1 cup chicken broth reduced-sodium
- ☐ 3 cups onion coarsely chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 pound chorizo spanish chopped (cured spiced pork sausage)
- ☐ 2 tablespoons vegetable oil

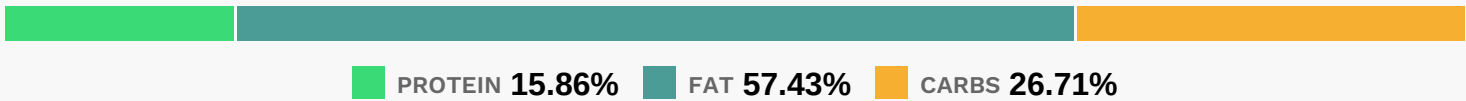
Equipment

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

Directions

- ☐ Preheat oven to 350°F with racks in upper and lower thirds of oven. Butter a 3-quart shallow baking dish.
- ☐ Crumble corn bread into 1/2-inch pieces, spreading out in 1 layer in 2 large 4-sided sheet pans.
- ☐ Bake, stirring occasionally, until dry, about 20 minutes. Cool completely and transfer to a large bowl.
- ☐ Meanwhile, cook chorizo in oil in a 12-inch heavy skillet over medium-high heat, stirring occasionally, until crisp, 1 to 2 minutes.
- ☐ Add onions, celery, garlic, oregano, and 1 1/4 teaspoon salt and sauté until vegetables are softened, about 10 minutes.
- ☐ Add to corn bread.
- ☐ Whisk together broth and egg, then pour over stuffing and toss well.
- ☐ Transfer to baking dish and cover tightly with buttered foil.
- ☐ Bake in upper third of oven 1 hour.
- ☐ Remove foil and bake until top is golden, about 15 minutes more.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:1.59, Inflammation Score:-6, Nutrition Score:4.8573913340983%

Flavonoids

Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.36mg, Quercetin: 12.36mg, Quercetin: 12.36mg, Quercetin: 12.36mg

Nutrients (% of daily need)

Calories: 117.16kcal (5.86%), Fat: 7.61g (11.7%), Saturated Fat: 2.08g (13%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 6.19g (2.25%), Sugar: 3.14g (3.49%), Cholesterol: 32.11mg (10.7%), Sodium: 50.97mg (2.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.45%), Vitamin K: 19.2µg (18.28%), Manganese: 0.16mg (8.2%), Vitamin C: 6.24mg (7.57%), Folate: 28.63µg (7.16%), Fiber: 1.77g (7.1%), Vitamin B6: 0.14mg (7.05%), Potassium: 231.24mg (6.61%), Vitamin A: 260.07IU (5.2%), Phosphorus: 51.15mg (5.11%), Vitamin B2: 0.08mg (4.63%), Iron: 0.77mg (4.3%), Calcium: 41.24mg (4.12%), Selenium: 2.67µg (3.81%), Vitamin E: 0.51mg (3.37%), Copper: 0.06mg (3.19%), Vitamin B3: 0.63mg (3.13%), Magnesium: 12.39mg (3.1%), Vitamin B1: 0.04mg (2.83%), Vitamin B5: 0.28mg (2.77%), Zinc: 0.29mg (1.94%), Vitamin B12: 0.09µg (1.42%)