



Corn Bread Oyster Stuffing

READY IN



45 min.

SERVINGS



10

CALORIES



442 kcal

SIDE DISH

Ingredients

- 6 ounces andouille sausage chopped (such as Gerhard's)
- 4 cups day-old bread french cubed
- 6 ounce corn bread mix white yellow (such as Martha)
- 0.3 cup egg substitute
- 2 large egg whites lightly beaten
- 0.3 cup milk fat-free
- 0.7 cup milk fat-free
- 2 tablespoons parsley fresh chopped
- 1 teaspoon rosemary fresh chopped

- 2 teaspoons sage fresh chopped
- 0.5 cup half-and-half
- 1.5 cups onion chopped
- 1 pound standard oysters undrained
- 0.5 teaspoon salt
- 7 ounce mushroom caps quartered
- 10 ounce pkt spinach frozen dry thawed drained chopped

Equipment

- food processor
- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 400
- Prepare corn bread mix according to package directions, using 2/3 cup fat-free milk and 2 egg whites; cool completely. Crumble to measure 3 cups; reserve remaining corn bread for another use.
- Reduce oven temperature to 375
- Place sausage in a food processor, and pulse until finely chopped.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add the onion and mushroom caps to pan; saut 5 minutes or until tender. Stir in sausage and spinach; saut 2 minutes.
- Drain oysters, reserving 1/3 cup oyster liquor.
- Combine oysters, reserved oyster liquor, corn bread, spinach mixture, French bread, and remaining ingredients in a large bowl; toss well.
- Place mixture in a 13 x 9-inch baking dish coated with cooking spray.
- Bake at 375 for 35 minutes or until lightly browned.

Nutrition Facts

PROTEIN 17.26% FAT 21.78% CARBS 60.96%

Properties

Glycemic Index:23.8, Glycemic Load:39, Inflammation Score:-10, Nutrition Score:32.523478176283%

Flavonoids

Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 442.31kcal (22.12%), Fat: 10.8g (16.62%), Saturated Fat: 3.45g (21.54%), Carbohydrates: 68.03g (22.68%), Net Carbohydrates: 63.06g (22.93%), Sugar: 11.57g (12.85%), Cholesterol: 21.69mg (7.23%), Sodium: 1034.92mg (45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.26g (38.53%), Vitamin K: 120.41µg (114.67%), Copper: 1.6mg (79.86%), Vitamin A: 3527.61IU (70.55%), Selenium: 40.85µg (58.35%), Vitamin B1: 0.86mg (57.17%), Folate: 184.54µg (46.13%), Manganese: 0.88mg (44.17%), Vitamin B2: 0.71mg (41.85%), Vitamin B3: 7.22mg (36.11%), Iron: 5.47mg (30.4%), Phosphorus: 298.26mg (29.83%), Zinc: 3.93mg (26.2%), Fiber: 4.97g (19.88%), Magnesium: 72.46mg (18.11%), Vitamin B6: 0.32mg (16.21%), Calcium: 158.32mg (15.83%), Potassium: 476.15mg (13.6%), Vitamin B12: 0.77µg (12.75%), Vitamin B5: 1.15mg (11.49%), Vitamin E: 1.41mg (9.39%), Vitamin C: 4.57mg (5.54%), Vitamin D: 0.69µg (4.62%)