



## Cornbread and Oyster Stuffing

READY IN



75 min.

SERVINGS



8

CALORIES



729 kcal

SIDE DISH

### Ingredients

- 8 servings pepper black freshly ground
- 2 cups celery ( 6 medium stalks)
- 1 cup celery root peeled ( )
- 1 tablespoon celery seed crushed
- 2.5 pounds cornbread
- 3 large eggs lightly beaten
- 2 tablespoons thyme sprigs fresh finely chopped
- 8 servings kosher salt
- 1.5 cups chicken broth low-sodium

- 0.8 cup onion red
- 12 dozens oysters fresh
- 0.3 cup parsley fresh italian finely chopped
- 8 ounces butter unsalted as needed plus more

## Equipment

- bowl
- baking sheet
- oven
- baking pan

## Directions

- Heat the oven to 275°F and arrange a rack in the middle. Using your hands, crumble the cornbread into pieces no larger than 3/4 inch onto a rimmed baking sheet.
- Spread into an even layer and bake for 15 minutes. Turn off the oven and let the cornbread dry out inside the oven overnight. The next day, transfer the cornbread to a large bowl and set it aside.
- Heat the oven to 350°F with the rack in the middle. Coat a 13-by-9-inch baking dish with butter; set aside. Melt 1 1/2 sticks of the measured butter in a large frying pan over medium-high heat.
- Add the celery, celery root, and onion, season with salt, and cook, stirring occasionally, until softened, about 10 minutes.
- Add the thyme and celery seeds and cook, stirring occasionally, until fragrant, about 1 minute. Season with salt and pepper and transfer to the bowl with the cornbread.
- Drizzle the stock or broth and the oyster liquid into the bowl and stir until completely incorporated. Fold in the oysters, eggs, and parsley.
- Transfer the stuffing to the prepared baking dish.
- Cut the remaining 1/2 stick of butter into small pieces and scatter them over the top of the stuffing.
- Bake until golden brown on top, about 40 minutes.

## Nutrition Facts

PROTEIN 7.52% FAT 47.57% CARBS 44.91%

## Properties

Glycemic Index:25.38, Glycemic Load:1.04, Inflammation Score:-10, Nutrition Score:20.504347635352%

## Flavonoids

Apigenin: 5.86mg, Apigenin: 5.86mg, Apigenin: 5.86mg, Apigenin: 5.86mg Luteolin: 6.8mg, Luteolin: 6.8mg, Luteolin: 6.8mg, Luteolin: 6.8mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

## Nutrients (% of daily need)

Calories: 729.36kcal (36.47%), Fat: 39.01g (60.02%), Saturated Fat: 20.59g (128.67%), Carbohydrates: 82.86g (27.62%), Net Carbohydrates: 78.17g (28.42%), Sugar: 24.14g (26.83%), Cholesterol: 212.34mg (70.78%), Sodium: 1130.39mg (49.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.88g (27.76%), Phosphorus: 653.51mg (65.35%), Vitamin K: 53.67µg (51.12%), Vitamin A: 1401.63IU (28.03%), Selenium: 19.2µg (27.42%), Folate: 105µg (26.25%), Calcium: 257.1mg (25.71%), Manganese: 0.51mg (25.33%), Vitamin B2: 0.4mg (23.6%), Iron: 4.13mg (22.97%), Vitamin B1: 0.31mg (20.38%), Vitamin B3: 3.8mg (19.01%), Fiber: 4.69g (18.76%), Zinc: 2.31mg (15.43%), Vitamin B5: 1.31mg (13.11%), Copper: 0.26mg (12.84%), Vitamin B12: 0.77µg (12.82%), Potassium: 441.5mg (12.61%), Vitamin B6: 0.24mg (12.09%), Vitamin E: 1.76mg (11.73%), Vitamin C: 9.02mg (10.93%), Magnesium: 43.13mg (10.78%), Vitamin D: 0.8µg (5.33%)