



Cornbread Chipotle Chorizo Stuffing

 Dairy Free

READY IN



90 min.

SERVINGS



7

CALORIES



1019 kcal

SIDE DISH

Ingredients

- 0.5 cup chicken broth as needed plus more
- 0.5 pound chorizo cut into 1/4-inch pieces
- 8 cups cornbread crumbled toasted ()
- 0.5 cup parsley fresh chopped
- 1 cup bell pepper green finely chopped
- 1 tablespoon olive oil
- 1 cup onion finely chopped
- 0.5 teaspoon pepper freshly ground

- 2 tablespoons hot sauce
- 1 teaspoon salt

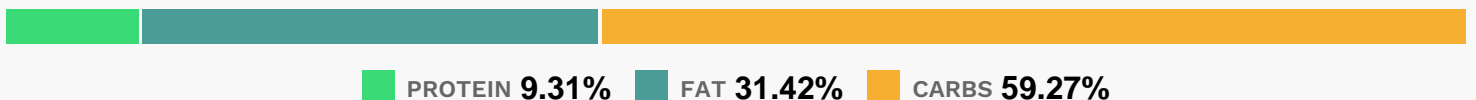
Equipment

- bowl
- frying pan
- oven
- casserole dish
- aluminum foil

Directions

- Place cornbread in a large bowl and set aside.
- Heat oil in a large skillet over medium heat; add chorizo and cook until browned, about 10 minutes.
- Remove chorizo from pan and add to cornbread.
- Add bell pepper and onion to drippings in skillet and cook over medium heat until softened.
- Add 1/2 cup broth to skillet and scrape up any browned bits from bottom of pan.
- Add to cornbread along with parsley, TABASCO® Chipotle Sauce, salt, and pepper and mix well.
- Add additional broth 1 tablespoon at a time until desired consistency is reached (when stuffing holds together slightly). Spoon stuffing into a buttered 2-quart casserole dish. Cover with foil and bake in a 400 degrees F oven for 30 minutes.
- Remove foil and bake 20 minutes longer.

Nutrition Facts



Properties

Glycemic Index:18.43, Glycemic Load:0.59, Inflammation Score:-8, Nutrition Score:27.923478499703%

Flavonoids

Apigenin: 9.24mg, Apigenin: 9.24mg, Apigenin: 9.24mg, Apigenin: 9.24mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 1019.24kcal (50.96%), Fat: 35.57g (54.72%), Saturated Fat: 13.29g (83.05%), Carbohydrates: 150.98g (50.33%), Net Carbohydrates: 143.83g (52.3%), Sugar: 44.9g (49.89%), Cholesterol: 174.71mg (58.24%), Sodium: 2116.61mg (92.03%), Alcohol: 0g (100%), Protein: 23.73g (47.46%), Phosphorus: 1071.89mg (107.19%), Vitamin K: 83.48µg (79.51%), Folate: 161.95µg (40.49%), Calcium: 380.15mg (38.01%), Vitamin B1: 0.55mg (36.34%), Manganese: 0.69mg (34.56%), Selenium: 23.72µg (33.88%), Iron: 6.07mg (33.73%), Vitamin C: 27.55mg (33.4%), Vitamin B2: 0.5mg (29.57%), Fiber: 7.16g (28.63%), Vitamin B3: 5.64mg (28.2%), Vitamin A: 1011.93IU (20.24%), Vitamin B5: 1.64mg (16.42%), Vitamin B6: 0.31mg (15.75%), Magnesium: 53.13mg (13.28%), Potassium: 464.34mg (13.27%), Zinc: 1.94mg (12.95%), Vitamin E: 1.8mg (11.97%), Copper: 0.23mg (11.62%), Vitamin B12: 0.63µg (10.42%)