



Cornbread Stuffed Chicken

READY IN



180 min.

SERVINGS



8

CALORIES



791 kcal

SIDE DISH

Ingredients

- 1 pan cornbread cut into 1 inch cubes ()
- 1.5 teaspoons basil dried divided
- 1.5 teaspoons parsley dried divided
- 1.5 teaspoons sage dried divided
- 4 egg yolks lightly beaten
- 0.5 cup parsley fresh chopped
- 1 teaspoon ground pepper black divided
- 0.3 cup butter melted
- 3 tablespoons olive oil divided

- 1 cup onion chopped
- 1 teaspoon oregano dried divided
- 0.8 cup parmesan cheese freshly grated
- 15 ounce ricotta cheese
- 4 large russet potatoes cubed peeled
- 1.3 teaspoons salt divided
- 6 pound meat from a rotisserie chicken whole

Equipment

- bowl
- baking sheet
- oven
- baking pan
- roasting pan

Directions

- Preheat oven to 225 degrees F (110 degrees C).
- Spread cornbread cubes out on a baking sheet.
- Sprinkle with 1 teaspoon salt, 1/2 teaspoon ground black pepper, 1/2 teaspoon basil, 1/2 teaspoon dried parsley, 1 teaspoon sage and 1/2 teaspoon oregano. Toast cornbread mixture in preheated oven for 1 1/2 hours, stirring occasionally (do not crumble, but dry completely).
- In a large bowl, toss cornbread with chopped onion, fresh parsley, melted margarine, egg yolks, ricotta cheese, and Parmesan cheese. Increase oven temperature to 400 degrees F (200 degrees C).
- In a large bowl, toss potatoes with 1/4 teaspoon salt, 1/2 teaspoon pepper, 1 teaspoon basil, 1 teaspoon dried parsley, 1/2 teaspoon sage, 1/2 teaspoon oregano and 2 tablespoons oil.
- Place in oiled roasting pan.
- Fill chicken loosely with stuffing. If any is left over, put it in a greased baking dish.
- Brush with remaining 1 tablespoon olive oil. Cover, and bake for 1 hour, or until potatoes are tender. Reduce the heat to 350 degrees F. Leave the lid off, and bake for another hour, or until

juices run clear. Baste chicken with pan juices every 15 minutes. If you have a baking dish of stuffing, bake it in the oven the last 30 minutes. When chicken is done, reheat the potatoes (I like to fry them in a little oil in a skillet to reheat).

Nutrition Facts

PROTEIN 23.03% **FAT 55.13%** **CARBS 21.84%**

Properties

Glycemic Index:25.97, Glycemic Load:27.14, Inflammation Score:-8, Nutrition Score:29.828260815662%

Flavonoids

Apigenin: 8.93mg, Apigenin: 8.93mg, Apigenin: 8.93mg, Apigenin: 8.93mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 791.13kcal (39.56%), Fat: 48.41g (74.47%), Saturated Fat: 16.02g (100.14%), Carbohydrates: 43.14g (14.38%), Net Carbohydrates: 39.85g (14.49%), Sugar: 3.44g (3.82%), Cholesterol: 259.21mg (86.4%), Sodium: 815.09mg (35.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.5g (91%), Vitamin K: 77.35µg (73.67%), Vitamin B3: 13.33mg (66.65%), Vitamin B6: 1.31mg (65.55%), Selenium: 41.07µg (58.67%), Phosphorus: 560.35mg (56.03%), Potassium: 1236.03mg (35.32%), Calcium: 278.59mg (27.86%), Vitamin B2: 0.47mg (27.63%), Zinc: 4.05mg (27.03%), Vitamin B5: 2.55mg (25.51%), Vitamin A: 1268.85IU (25.38%), Vitamin C: 19.66mg (23.82%), Iron: 4.29mg (23.81%), Magnesium: 92.64mg (23.16%), Manganese: 0.45mg (22.57%), Vitamin B1: 0.3mg (20.2%), Folate: 70.71µg (17.68%), Vitamin B12: 1.01µg (16.89%), Copper: 0.32mg (15.93%), Fiber: 3.29g (13.15%), Vitamin E: 1.96mg (13.1%), Vitamin D: 0.97µg (6.44%)