



Herbed Oyster Stuffing

READY IN



120 min.

SERVINGS



10

CALORIES



449 kcal

SIDE DISH

Ingredients

- ☐ 0.5 lb bacon sliced cut into 1/2-inch pieces
- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 cups celery chopped
- ☐ 0.7 cup parsley fresh finely chopped
- ☐ 1 tablespoon sage dried fresh crumbled finely chopped
- ☐ 3 tablespoons thyme dried fresh crumbled chopped
- ☐ 1 tablespoon garlic minced
- ☐ 2 bread french italian cut into 3/4-inch cubes (12 cups) (1 lb total)
- ☐ 2.3 cups chicken broth low-sodium

- ☐ 2 tablespoons olive oil (if needed)
- ☐ 2 cups onion finely chopped
- ☐ 0.8 cup dozens oysters drained chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup butter unsalted melted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan

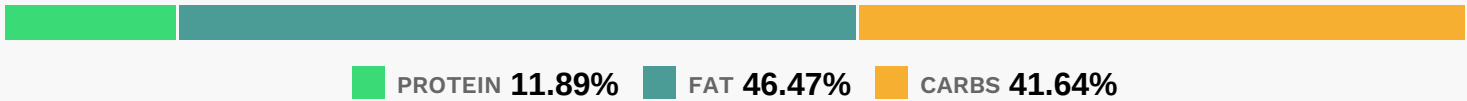
Directions

- ☐ Preheat oven to 325°F.
- ☐ Spread bread cubes in 2 shallow baking pans and bake in upper and lower thirds of oven, switching position of pans halfway through baking, until golden, 25 to 30 minutes total. Cool bread in pans on racks, then transfer to a large bowl.
- ☐ Meanwhile, cook bacon in a 12-inch heavy skillet over moderate heat, stirring occasionally, until crisp, about 10 minutes.
- ☐ Transfer to paper towels to drain, reserving fat in skillet.
- ☐ If bacon renders less than 1/4 cup fat, add enough oil to skillet to total 1/4 cup fat. Cook onions, celery, thyme, sage, garlic, salt, and pepper in fat in skillet over moderate heat, stirring occasionally, until vegetables are softened, 8 to 10 minutes.
- ☐ Transfer to bowl with bread cubes, then stir in bacon, parsley, butter, and oysters.
- ☐ Drizzle with stock, then season with salt and pepper and toss well.
- ☐ Transfer stuffing to a buttered 3- to 3 1/2-quart shallow baking dish.
- ☐ Bake, covered, in middle of oven 30 minutes, then uncover and bake until browned, about 30 minutes more.

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Stuffing can be assembled (without oysters and not baked) 2 days ahead and chilled,covered.
Bring to room temperature and stir in oysters before baking.

Nutrition Facts



Properties

Glycemic Index:23.35, Glycemic Load:32.85, Inflammation Score:-9, Nutrition Score:20.074782651404%

Flavonoids

Apigenin: 9.06mg, Apigenin: 9.06mg, Apigenin: 9.06mg, Apigenin: 9.06mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg

Nutrients (% of daily need)

Calories: 449.37kcal (22.47%), Fat: 23.5g (36.16%), Saturated Fat: 9.83g (61.45%), Carbohydrates: 47.38g (15.79%), Net Carbohydrates: 44.15g (16.05%), Sugar: 5.41g (6.01%), Cholesterol: 40.12mg (13.37%), Sodium: 783.3mg (34.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.53g (27.06%), Vitamin K: 97.32µg (92.69%), Vitamin B1: 0.66mg (44.14%), Selenium: 28.32µg (40.46%), Manganese: 0.61mg (30.58%), Folate: 120.35µg (30.09%), Iron: 5.34mg (29.67%), Vitamin B3: 5.73mg (28.66%), Vitamin B2: 0.41mg (24.06%), Phosphorus: 156.25mg (15.62%), Vitamin A: 756.22IU (15.12%), Zinc: 2.1mg (14.03%), Fiber: 3.23g (12.93%), Copper: 0.25mg (12.6%), Vitamin B6: 0.23mg (11.37%), Vitamin C: 9.07mg (11%), Magnesium: 40.07mg (10.02%), Calcium: 95.37mg (9.54%), Potassium: 313.9mg (8.97%), Vitamin E: 1.13mg (7.54%), Vitamin B12: 0.35µg (5.81%), Vitamin B5: 0.51mg (5.08%), Vitamin D: 0.26µg (1.74%)