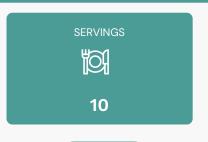


# **Herbed Oyster Stuffing**







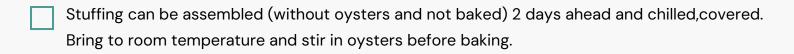
SIDE DISH

## Ingredients

0.5 lb bacon sliced cut into 1/2-inch pieces
O.3 teaspoon pepper black
1.5 cups celery chopped
O.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
Εq	uipment
	bowl
	frying pan
	paper towels
	oven
	baking pan
Di	rections
	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.



### **Nutrition Facts**

PROTEIN 11.89% FAT 46.47% CARBS 41.64%

#### **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, Luteolin: 0.21mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6

#### 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 %: O% (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%)