



Humboldt Bay Oyster-Cornbread Dressing

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



291 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup celery chopped
- ☐ 6 servings buttermilk cornbread crumbled
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 teaspoon garlic chopped
- ☐ 1 teaspoon horseradish prepared
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped

- ☐ 1 teaspoon oregano fresh chopped
- ☐ 24 ounce dozens oysters fresh undrained
- ☐ 0.5 cup cod

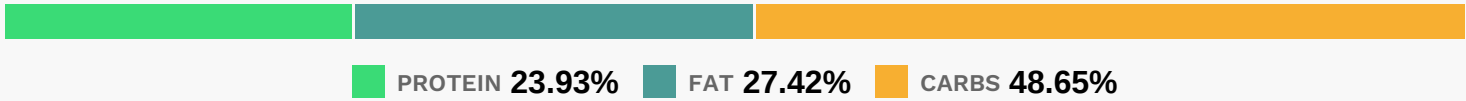
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Soak salt cod in cold water to cover for at least 12 hours, changing water at least 3 times.
- ☐ Drain fish; remove any bones and skin.
- ☐ Cut into small pieces.
- ☐ Drain oysters, reserving liquid.
- ☐ Cut oysters in half. Set oysters and liquid aside.
- ☐ Saute onion and celery in hot oil in a large skillet over medium-high heat 5 minutes.
- ☐ Add salt cod and garlic; cook over low heat 2 minutes, stirring occasionally.
- ☐ Add oysters, thyme, and next 3 ingredients; cook, stirring constantly, 1 minute.
- ☐ Add cornbread; toss gently.
- ☐ Add water to oyster liquid to equal 1 cup.
- ☐ Add wine, if desired.
- ☐ Pour over cornbread mixture; toss gently.
- ☐ Spoon mixture into a lightly greased 11- x 7-inch baking dish.
- ☐ Bake, covered, at 350 for 15 minutes. Uncover and bake 20 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:0.4, Inflammation Score:-7, Nutrition Score:16.181304475536%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 290.65kcal (14.53%), Fat: 8.8g (13.54%), Saturated Fat: 2.72g (17.01%), Carbohydrates: 35.13g (11.71%), Net Carbohydrates: 33.16g (12.06%), Sugar: 10.45g (11.62%), Cholesterol: 68.7mg (22.9%), Sodium: 1766.07mg (76.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.28g (34.56%), Selenium: 36.84µg (52.63%), Vitamin B12: 3.1µg (51.7%), Phosphorus: 440.72mg (44.07%), Zinc: 5.23mg (34.89%), Copper: 0.42mg (20.85%), Vitamin B3: 2.86mg (14.27%), Calcium: 133.79mg (13.38%), Iron: 2.38mg (13.21%), Vitamin B6: 0.26mg (12.95%), Potassium: 437.86mg (12.51%), Vitamin B1: 0.18mg (11.92%), Manganese: 0.23mg (11.72%), Folate: 45.88µg (11.47%), Magnesium: 42.56mg (10.64%), Vitamin B2: 0.18mg (10.3%), Vitamin E: 1.39mg (9.24%), Vitamin K: 8.43µg (8.03%), Fiber: 1.97g (7.88%), Vitamin B5: 0.75mg (7.5%), Vitamin D: 0.79µg (5.26%), Vitamin C: 3.22mg (3.91%), Vitamin A: 191.87IU (3.84%)