



Masa Cornbread Stuffing with Chiles

 Vegetarian  Gluten Free

READY IN



120 min.

SERVINGS



12

CALORIES



257 kcal

SIDE DISH

Ingredients

- 18 ounces anaheim chili fresh seeded chopped (6 large) (scant 4 cups)
- 0.8 teaspoon pepper black freshly ground
- 1 tablespoon kosher salt
- 4 large eggs
- 1 cup cilantro leaves fresh chopped
- 5 garlic clove minced
- 0.8 teaspoon ground cumin
- 1 cup jalapeno fresh seeded chopped (if desired)

- 1 cup chicken broth
- 6 ounces monterrey jack cheese cut into 1/3-inch cubes
- 0.8 teaspoon oregano dried
- 3 cups poblano pepper fresh seeded chopped
- 1.5 tablespoons pepper flakes
- 1 cup butter unsalted (2 sticks)
- 3 cups onion white chopped

Equipment

- bowl
- frying pan
- oven
- aluminum foil
- glass baking pan

Directions

- Melt butter in large skillet over medium-high heat.
- Add onions and garlic; sauté until tender, about 5 minutes.
- Add all chiles; sauté until beginning to soften, 12 to 14 minutes. Stir in ground chiles and next 4 ingredients.
- Transfer vegetable mixture to bowl. DO AHEAD: Can be made 1 day ahead. Cool, then cover and chill.
- Preheat oven to 375°F. Butter 15 x 10 x 2-inch glass baking dish. Stir cilantro into vegetable mixture.
- Place cornbread cubes in very large bowl; add vegetable mixture and toss gently. Toss in cheese, if using.
- Whisk eggs and broth in medium bowl, then pour over stuffing and toss gently to moisten.
- Transfer stuffing to prepared dish. Cover dish with buttered foil, buttered side down.
- Bake stuffing until heated through, about 30 minutes.
- Remove foil; bake until top is golden, about 30 minutes longer.

Nutrition Facts

PROTEIN 10.88% FAT 73.75% CARBS 15.37%

Properties

Glycemic Index:20.42, Glycemic Load:1.25, Inflammation Score:-7, Nutrition Score:10.20652173913%

Flavonoids

Luteolin: 1.86mg, Luteolin: 1.86mg, Luteolin: 1.86mg, Luteolin: 1.86mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.05mg, Quercetin: 10.05mg, Quercetin: 10.05mg, Quercetin: 10.05mg

Nutrients (% of daily need)

Calories: 256.62kcal (12.83%), Fat: 21.53g (33.12%), Saturated Fat: 13.03g (81.46%), Carbohydrates: 10.1g (3.37%), Net Carbohydrates: 6.99g (2.54%), Sugar: 4.62g (5.13%), Cholesterol: 115.29mg (38.43%), Sodium: 843.88mg (36.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.29%), Vitamin C: 50.36mg (61.05%), Vitamin A: 1003.54IU (20.07%), Calcium: 141.72mg (14.17%), Phosphorus: 131.74mg (13.17%), Fiber: 3.12g (12.46%), Vitamin B6: 0.23mg (11.71%), Selenium: 7.81µg (11.16%), Vitamin K: 11.44µg (10.89%), Vitamin B2: 0.18mg (10.39%), Manganese: 0.17mg (8.46%), Vitamin E: 1.14mg (7.6%), Folate: 25.93µg (6.48%), Potassium: 221.71mg (6.33%), Zinc: 0.84mg (5.62%), Vitamin B12: 0.32µg (5.3%), Iron: 0.88mg (4.88%), Vitamin D: 0.7µg (4.68%), Vitamin B5: 0.44mg (4.37%), Magnesium: 17.37mg (4.34%), Copper: 0.09mg (4.32%), Vitamin B1: 0.06mg (3.88%), Vitamin B3: 0.68mg (3.42%)