



Mommy Anderson's Oyster Dressing

READY IN



110 min.

SERVINGS



12

CALORIES



301 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 tablespoons butter
- ☐ 1 cup celery chopped
- ☐ 12 servings chicken giblets and neck bone
- ☐ 2.5 cups chicken stock see
- ☐ 4 cups corn bread stuffing cubes
- ☐ 0.3 cup parsley fresh chopped
- ☐ 12 sage leaves fresh chopped
- ☐ 12 sprigs thyme leaves fresh chopped
- ☐ 4 cloves garlic grated

- ☐ 0.3 onion wedge
- ☐ 1 cup onion chopped
- ☐ 12 servings salt and pepper black freshly ground
- ☐ 16 ounces shucked oysters in their liquor
- ☐ 4 cups herbed stuffing cubes

Equipment

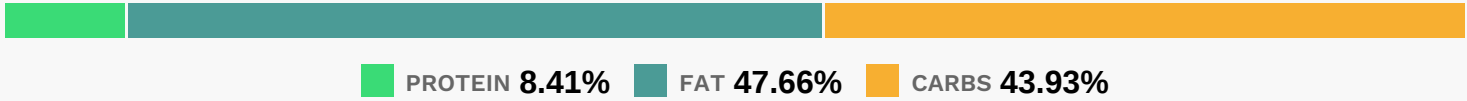
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350 degrees F. In a pot, add the giblets, neck bone, onion and stock. Simmer and cook on low for 20 minutes. Discard the onion and neck bone.
- ☐ Remove the remaining giblets and chop.
- ☐ Place back in the stock and set aside. Strain the oysters over the pot of stock and set aside the oysters.
- ☐ In a large bowl, mix all the stuffing cubes with the parsley and set aside.
- ☐ In a saute pan on medium heat, add 2 tablespoons butter, celery, onions, sage, thyme and garlic. Season with a pinch of salt and a nice grind of pepper. Cook until the onions and celery are tender, but the garlic is not browned.
- ☐ Remove to the bowl of bread cubes. In the same pan, add the remaining 2 tablespoons butter and the oysters.
- ☐ Saute until the edges begin to curl on the oysters.
- ☐ Remove to the bowl of stuffing cubes and stir to combine with everything.
- ☐ Pour the stock over the mixture and stir. This is a wet dressing, so it will be very moist.

- ☐ Pour into a 13-by-9-inch baking dish. Press down to make it compact, and then cover tightly with aluminum foil.
- ☐ Bake for 45 minutes, then raise the temperature to 400 degrees F and bake uncovered until golden brown on top, about 15 minutes more.

Nutrition Facts



Properties

Glycemic Index:22.92, Glycemic Load:0.53, Inflammation Score:-9, Nutrition Score:15.429999797241%

Flavonoids

Apigenin: 2.96mg, Apigenin: 2.96mg, Apigenin: 2.96mg, Apigenin: 2.96mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 301.35kcal (15.07%), Fat: 16.03g (24.67%), Saturated Fat: 4.92g (30.78%), Carbohydrates: 33.25g (11.08%), Net Carbohydrates: 28.75g (10.46%), Sugar: 4.43g (4.92%), Cholesterol: 15.41mg (5.14%), Sodium: 752.5mg (32.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.72%), Selenium: 69.09µg (98.7%), Vitamin K: 41.94µg (39.94%), Copper: 0.38mg (18.85%), Fiber: 4.5g (17.99%), Folate: 66.06µg (16.52%), Vitamin A: 824.59IU (16.49%), Manganese: 0.32mg (15.97%), Vitamin B3: 2.94mg (14.72%), Vitamin B1: 0.21mg (14.22%), Vitamin E: 2.06mg (13.73%), Zinc: 2.05mg (13.66%), Vitamin B2: 0.21mg (12.62%), Iron: 2.12mg (11.78%), Phosphorus: 86.17mg (8.62%), Vitamin B12: 0.45µg (7.43%), Vitamin B6: 0.13mg (6.55%), Potassium: 223.68mg (6.39%), Vitamin C: 5.22mg (6.33%), Calcium: 62.87mg (6.29%), Magnesium: 24.15mg (6.04%), Vitamin B5: 0.2mg (2.05%)