



Oyster and Sausage Cornbread Dressing

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



320 kcal

SIDE DISH

Ingredients

- ☐ 0.8 pound bulk pork sausage
- ☐ 2 tablespoons butter
- ☐ 0.8 cup celery chopped
- ☐ 12 servings cornbread
- ☐ 1 teaspoon rubbed sage dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 cup corn kernels fresh
- ☐ 2 onions peeled chopped ()

- ☐ 12 servings salt and pepper
- ☐ 0.5 cup shucked fresh canned

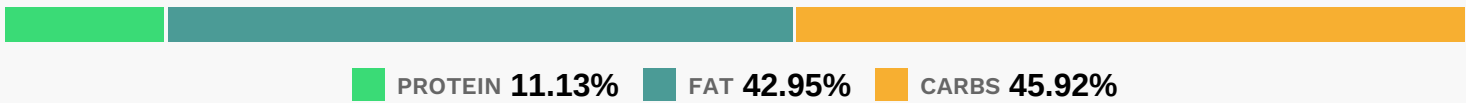
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ In a 10- to 12-inch frying pan over high heat, combine butter, onions, celery, and corn. Stir often until vegetables are lightly browned, 5 to 8 minutes.
- ☐ Pour into a large bowl.
- ☐ Crumble sausage in frying pan and stir often until lightly browned, about 5 minutes. With a slotted spoon, transfer sausage to onion mixture. Discard fat.
- ☐ Pour oysters and liquid into frying pan. Stir to free browned bits and bring to a boil. With slotted spoon, lift out oysters and cut into 1/2-inch chunks.
- ☐ Add to onion mixture. Boil oyster liquid until reduced to 2 tablespoons and add to onion mixture.
- ☐ Add sage, thyme, and cornbread; mix well, breaking cornbread into small pieces. Season to taste with salt and pepper.
- ☐ Pat into a shallow 3-quart (9- by 13-in.) casserole. For moist dressing, cover with foil; for crusty dressing, do not cover.
- ☐ Bake in a 325 to 350 oven until hot (at least 150 in center) or lightly browned, about 50 minutes (1 hour if chilled).

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:0.41, Inflammation Score:-4, Nutrition Score:8.4247825975003%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 320.35kcal (16.02%), Fat: 15.36g (23.64%), Saturated Fat: 5.18g (32.37%), Carbohydrates: 36.97g (12.32%), Net Carbohydrates: 34.9g (12.69%), Sugar: 11.23g (12.47%), Cholesterol: 55.03mg (18.34%), Sodium: 764.02mg (33.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.96g (17.92%), Phosphorus: 292.17mg (29.22%), Vitamin B1: 0.22mg (14.76%), Vitamin B3: 2.8mg (14.02%), Folate: 44.46µg (11.12%), Zinc: 1.52mg (10.16%), Manganese: 0.19mg (9.74%), Iron: 1.69mg (9.41%), Calcium: 93.68mg (9.37%), Vitamin B2: 0.16mg (9.23%), Vitamin B6: 0.18mg (8.84%), Fiber: 2.07g (8.27%), Selenium: 5.62µg (8.03%), Vitamin B12: 0.47µg (7.86%), Vitamin B5: 0.67mg (6.67%), Potassium: 229.31mg (6.55%), Vitamin K: 5.87µg (5.59%), Copper: 0.11mg (5.44%), Magnesium: 21.65mg (5.41%), Vitamin A: 259.74IU (5.19%), Vitamin C: 2.68mg (3.25%), Vitamin E: 0.48mg (3.18%), Vitamin D: 0.37µg (2.46%)