



Oyster-Cornbread Stuffing

READY IN



45 min.

SERVINGS



10

CALORIES



1168 kcal

SIDE DISH

Ingredients

- ☐ 1 pound diestel breakfast sausage
- ☐ 1.5 cups celery finely chopped
- ☐ 12 cups cornbread sweet dry stale toasted cut into 3/4" cubes, or in a 300° oven until (not)
- ☐ 4 large eggs
- ☐ 0.3 cup flat parsley finely chopped
- ☐ 2 tablespoons thyme sprigs fresh finely chopped
- ☐ 10 servings pepper freshly ground
- ☐ 2 cups chicken broth
- ☐ 2 medium onion finely chopped

- ☐ 1 sprig rosemary
- ☐ 1 sprig sage thinly sliced
- ☐ 48 dozens oysters (1 cup liquor)
- ☐ 0.3 cup butter unsalted ()

Equipment

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

Directions

- ☐ Preheat oven to 350°.
- ☐ Combine broth,sage sprig, and rosemary sprig in a smallsaucepan; bring to a boil.
- ☐ Remove pan fromheat and let stock steep until ready to use.
- ☐ Meanwhile, heat a large skillet overmedium heat and cook sausage, breaking itup with a spoon, until cooked through, 7–8minutes. Using a slotted spoon, transfersausage to a large bowl, leaving anyrendered fat in pan.
- ☐ Melt butter in skillet; add onions andcelery and cook until softened, about10 minutes.
- ☐ Add onion mixture, sliced sage,parsley, and thyme to bowl with sausage.
- ☐ Mix well; season with salt and pepper.
- ☐ Addoysters with liquor, reserved broth (sprigsremoved), and eggs; toss to combine.
- ☐ Addcornbread; toss until well blended andcornbread absorbs most of liquid.
- ☐ Spoon stuffing into a 3–quart baking dish.If any liquid remains in bowl, drizzle 1/4 to1/2 cup over to moisten cornbread (amountvaries depending on dryness of cornbread).
- ☐ Bake until browned and liquid is absorbed,1 hour–1 hour 15 minutes, tenting with foil iftop gets too dark.

Nutrition Facts



 **PROTEIN 10.23%**  **FAT 35.55%**  **CARBS 54.22%**

Properties

Glycemic Index:26.6, Glycemic Load:0.61, Inflammation Score:-9, Nutrition Score:32.192173916361%

Flavonoids

Apigenin: 3.7mg, Apigenin: 3.7mg, Apigenin: 3.7mg, Apigenin: 3.7mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 1168.27kcal (58.41%), Fat: 46.22g (71.12%), Saturated Fat: 18.26g (114.15%), Carbohydrates: 158.64g (52.88%), Net Carbohydrates: 151.22g (54.99%), Sugar: 46.75g (51.95%), Cholesterol: 283.77mg (94.59%), Sodium: 2051.97mg (89.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.93g (59.86%), Phosphorus: 1245.5mg (124.55%), Selenium: 32.4µg (46.28%), Vitamin B1: 0.69mg (45.95%), Folate: 179.23µg (44.81%), Vitamin B3: 8.66mg (43.29%), Calcium: 425.47mg (42.55%), Vitamin B2: 0.69mg (40.51%), Zinc: 5.94mg (39.59%), Iron: 6.95mg (38.59%), Vitamin K: 40.5µg (38.57%), Manganese: 0.75mg (37.28%), Vitamin B12: 1.86µg (31.02%), Copper: 0.62mg (30.85%), Fiber: 7.42g (29.7%), Vitamin B5: 2.36mg (23.56%), Vitamin B6: 0.47mg (23.27%), Vitamin A: 1020.28IU (20.41%), Potassium: 660.07mg (18.86%), Magnesium: 65.93mg (16.48%), Vitamin E: 1.99mg (13.27%), Vitamin C: 6.94mg (8.41%), Vitamin D: 1.07µg (7.17%)