

Oyster Dressing

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 cups unseasoned bread cubes toasted
- ☐ 0.5 cup butter
- ☐ 1 cup celery chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 cup onion chopped
- ☐ 24 ounce dozens oysters drained chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon poultry seasoning

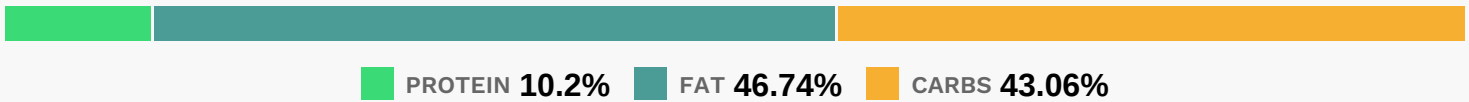
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Saut celery and onion in butter in a large skillet.
- ☐ Add remaining ingredients; mix well. Spoon mixture into a lightly greased 2-quart casserole.
- ☐ Bake, uncovered, at 400 for 25 minutes.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:11.82, Inflammation Score:-5, Nutrition Score:9.9926086508709%

Flavonoids

Apigenin: 2.01mg, Apigenin: 2.01mg, Apigenin: 2.01mg, Apigenin: 2.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 216.21kcal (10.81%), Fat: 11.33g (17.43%), Saturated Fat: 2.25g (14.09%), Carbohydrates: 23.48g (7.83%), Net Carbohydrates: 21.21g (7.71%), Sugar: 3.43g (3.81%), Cholesterol: 2.72mg (0.91%), Sodium: 333.91mg (14.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.13%), Manganese: 0.6mg (29.81%), Zinc: 3.19mg (21.27%), Selenium: 14.37µg (20.53%), Vitamin K: 18.89µg (17.99%), Copper: 0.27mg (13.65%), Vitamin B3: 2.63mg (13.17%), Vitamin B1: 0.2mg (13.12%), Folate: 46.64µg (11.66%), Iron: 2.05mg (11.4%), Vitamin A: 524.53IU (10.49%), Vitamin B12: 0.61µg (10.11%), Fiber: 2.27g (9.08%), Vitamin B2: 0.13mg (7.9%), Phosphorus: 74.69mg (7.47%), Calcium: 72.96mg (7.3%), Magnesium: 23.24mg (5.81%), Vitamin B5: 0.44mg (4.4%), Vitamin B6: 0.08mg (4.05%), Potassium: 133.61mg (3.82%), Vitamin E: 0.53mg (3.55%), Vitamin C: 2.68mg (3.25%)