



Oyster Dressing

READY IN



47 min.

SERVINGS



10

CALORIES



249 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 cup celery chopped
- ☐ 2.5 cups chicken broth
- ☐ 12 oz buttermilk cornbread mix
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup onion chopped
- ☐ 12 oz dozens oysters fresh drained
- ☐ 0.5 teaspoon pepper
- ☐ 10 servings garnish: sage leaves fresh

- ☐ 0.3 teaspoon salt
- ☐ 4 slices bread white cut into 1/2-inch cubes (2 cups)
- ☐ 1 tablespoon or dried fresh chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Prepare cornbread according to package directions for a double recipe.
- ☐ Let cool 30 minutes; crumble into a large bowl.
- ☐ Melt 1/3 cup butter in a large skillet over medium heat; add chopped celery and onion, and saute 10 to 12 minutes or until tender. Stir in sage, pepper, and salt. Stir celery mixture and bread cubes into crumbled cornbread in bowl, stirring gently until blended.
- ☐ Add chicken broth and eggs, and gently stir until moistened; stir in oysters. Spoon mixture into a lightly greased 11- x 7-inch baking dish.
- ☐ Bake at 350 for 50 to 55 minutes or until golden brown.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used Martha White Cotton Country Cornbread
- ☐ Mix. To make ahead, prepare recipe as directed through Step Cover with plastic wrap; cover with heavy-duty aluminum foil or container lid. Freeze unbaked dressing up to 3 months, if desired. Thaw in refrigerator 24 hours.
- ☐ Let stand at room temperature 30 minutes.
- ☐ Bake, uncovered, at 350 for 1 hour and 10 minutes to 1 hour and 15 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:21.58, Glycemic Load:3.73, Inflammation Score:-4, Nutrition Score:8.4156521973403%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 248.57kcal (12.43%), Fat: 11.83g (18.21%), Saturated Fat: 5.38g (33.65%), Carbohydrates: 30.23g (10.08%), Net Carbohydrates: 27.38g (9.96%), Sugar: 8.25g (9.16%), Cholesterol: 56.68mg (18.89%), Sodium: 675.93mg (29.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.82%), Phosphorus: 210.02mg (21%), Vitamin B1: 0.22mg (14.72%), Copper: 0.29mg (14.36%), Folate: 53.62µg (13.41%), Manganese: 0.25mg (12.51%), Vitamin B2: 0.21mg (12.43%), Zinc: 1.83mg (12.23%), Selenium: 8.37µg (11.96%), Fiber: 2.85g (11.39%), Iron: 1.67mg (9.27%), Vitamin B3: 1.84mg (9.19%), Vitamin K: 8.9µg (8.47%), Vitamin B12: 0.44µg (7.37%), Vitamin A: 342.84IU (6.86%), Calcium: 62.19mg (6.22%), Vitamin B6: 0.09mg (4.69%), Vitamin B5: 0.43mg (4.27%), Magnesium: 16.42mg (4.11%), Potassium: 123.23mg (3.52%), Vitamin E: 0.45mg (3.03%), Vitamin D: 0.2µg (1.33%), Vitamin C: 1mg (1.22%)