



Oyster Dressing

READY IN



54 min.

SERVINGS



8

CALORIES



404 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 bay leaves
- ☐ 2 teaspoons pepper black
- ☐ 0.3 cup butter
- ☐ 4 rib celery diced
- ☐ 0.5 cup chicken broth
- ☐ 8 servings sizzlin' skillet cornbread crumbled
- ☐ 0.7 cup cooking wine dry white
- ☐ 2 large eggs
- ☐ 2 tablespoons thyme leaves fresh

- ☐ 4 garlic cloves minced
- ☐ 2 bell peppers diced green
- ☐ 0.3 cup olive oil
- ☐ 2 medium onions diced
- ☐ 16 oz dozens oysters fresh drained coarsely chopped
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 sprig garnishes: parsley parmesan cheese fresh grated
- ☐ 1 teaspoon pepper sauce hot
- ☐ 2 bell peppers diced red
- ☐ 1 teaspoon pepper dried red crushed
- ☐ 1 teaspoon salt

Equipment

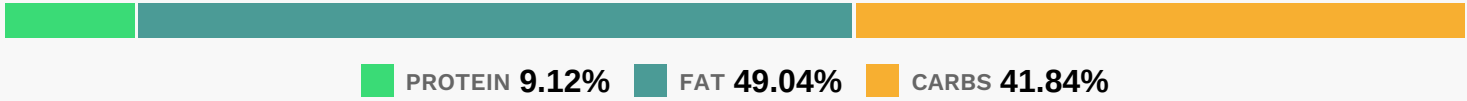
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Saut first 5 ingredients in hot oil in a large skillet over medium heat 15 to 20 minutes or until tender and lightly browned. Stir in oysters and next 9 ingredients; cook 3 to 4 minutes or until edges of oysters begin to curl.
- ☐ Remove from heat; let stand 10 minutes.
- ☐ Remove bay leaves.
- ☐ Place mixture in a large bowl; stir in eggs and cheese. Fold in cornbread.
- ☐ Place mixture in a lightly greased 3-qt. or 13- x 9-inch baking dish.
- ☐ Bake at 375 for 40 to 45 minutes or until lightly browned.
- ☐ Garnish, if desired.

- ☐
- Note: To make ahead, prepare recipe as directed through Step Cover tightly, and freeze up to one month. Thaw in refrigerator 24 hours.
- ☐
- Let stand at room temperature 30 minutes. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:34.13, Glycemic Load:1.39, Inflammation Score:-10, Nutrition Score:17.604347907979%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 2.39mg, Luteolin: 2.39mg, Luteolin: 2.39mg, Luteolin: 2.39mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 404.31kcal (20.22%), Fat: 21.61g (33.25%), Saturated Fat: 8.29g (51.84%), Carbohydrates: 41.49g (13.83%), Net Carbohydrates: 38g (13.82%), Sugar: 13.12g (14.58%), Cholesterol: 104.06mg (34.69%), Sodium: 906.87mg (39.43%), Alcohol: 2.06g (100%), Alcohol %: 1.16% (100%), Protein: 9.05g (18.1%), Vitamin C: 67.77mg (82.15%), Phosphorus: 338.72mg (33.87%), Vitamin A: 1609.91IU (32.2%), Zinc: 3.34mg (22.25%), Manganese: 0.42mg (21.09%), Selenium: 13.02µg (18.59%), Calcium: 176.82mg (17.68%), Folate: 63.22µg (15.8%), Vitamin E: 2.35mg (15.66%), Vitamin B6: 0.31mg (15.44%), Vitamin B2: 0.26mg (15.2%), Vitamin B12: 0.85µg (14.11%), Copper: 0.28mg (14%), Fiber: 3.49g (13.95%), Iron: 2.45mg (13.63%), Vitamin B1: 0.18mg (11.81%), Vitamin K: 12.1µg (11.52%), Vitamin B3: 1.87mg (9.35%), Potassium: 321.69mg (9.19%), Magnesium: 31.07mg (7.77%), Vitamin B5: 0.78mg (7.76%), Vitamin D: 0.28µg (1.88%)