



Oyster Dressing I

 Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups unseasoned bread cubes dry
- ☐ 0.5 cup celery chopped
- ☐ 2 cups rice white cooked
- ☐ 1 pinch ground pepper
- ☐ 1 pint oysters and juice chopped
- ☐ 1 cup onion chopped
- ☐ 0.5 cup parsley chopped
- ☐ 12 servings salt and pepper to taste

- ☐ 1 cup turkey giblets
- ☐ 2 tablespoons vegetable oil

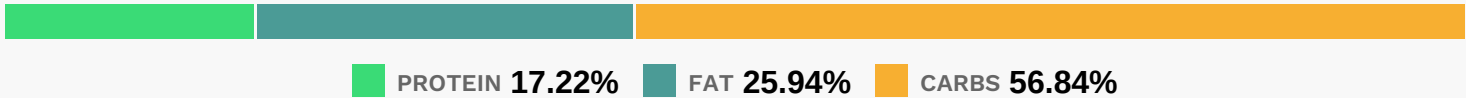
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ casserole dish

Directions

- ☐ In a medium saucepan, place the turkey giblets in enough water to cover. Bring to a boil and cook until tender, about 20 minutes; drain, reserving 2 cups stock.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a saute pan, add oil and cook celery, onions, parsley and oysters. Cook until oysters are firm.
- ☐ In a large mixing bowl, combine the giblets and stock with the cooked rice, bread cubes and vegetable and oyster mixture. Season with salt, pepper and cayenne. Gently mix together.
- ☐ Place dressing in 4 quart casserole dish. Cover and bake for 45 minutes in the preheated oven.

Nutrition Facts



Properties

Glycemic Index:27.62, Glycemic Load:13.65, Inflammation Score:-9, Nutrition Score:14.26130437851%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Apigenin: 5.51mg, Apigenin: 5.51mg, Apigenin: 5.51mg, Apigenin: 5.51mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg

Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg
Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.96mg, Quercetin:
2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 142.07kcal (7.1%), Fat: 4.07g (6.26%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 20.07g (6.69%), Net
Carbohydrates: 18.95g (6.89%), Sugar: 5.25g (5.84%), Cholesterol: 65.65mg (21.88%), Sodium: 293.97mg (12.78%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.16%), Vitamin A: 2822.37IU (56.45%), Vitamin K:
47.23µg (44.98%), Vitamin B12: 2.57µg (42.91%), Selenium: 15.85µg (22.65%), Folate: 85.81µg (21.45%), Vitamin B2:
0.33mg (19.33%), Manganese: 0.38mg (19.2%), Vitamin B3: 2.69mg (13.47%), Iron: 1.97mg (10.92%), Vitamin B5:
1.04mg (10.4%), Vitamin B6: 0.2mg (9.88%), Copper: 0.17mg (8.4%), Phosphorus: 82.46mg (8.25%), Vitamin B1:
0.11mg (7.31%), Zinc: 0.97mg (6.5%), Vitamin C: 4.83mg (5.86%), Magnesium: 18.27mg (4.57%), Fiber: 1.12g (4.49%),
Potassium: 152.29mg (4.35%), Calcium: 35.17mg (3.52%), Vitamin E: 0.31mg (2.07%), Vitamin D: 0.16µg (1.05%)