



Oyster Dressing or Stuffing

 Dairy Free

READY IN



60 min.

SERVINGS



16

CALORIES



241 kcal

SIDE DISH

Ingredients

- 1 cup celery chopped
- 0.5 teaspoon thyme leaves dried
- 8 cups bread crumbs dry
- 3 eggs beaten
- 2 tablespoons parsley fresh chopped
- 0.3 teaspoon ground pepper black
- 1 cup onion chopped
- 3 cups dozens oysters

- 1 teaspoon poultry seasoning
- 1.5 teaspoons salt
- 1 tablespoon vegetable oil

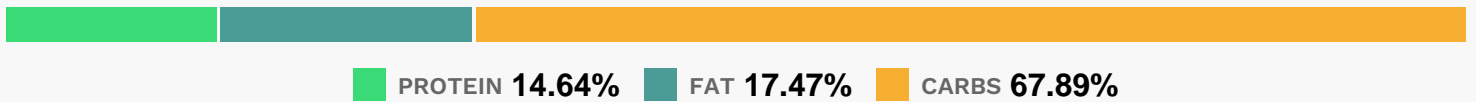
Equipment

- frying pan
- oven
- knife
- casserole dish

Directions

- Preheat the oven to 325 degrees F (165 degrees C). Grease a 2 quart casserole dish.
- Heat the oil in a large skillet over medium-high heat.
- Add celery and onion; cook and stir until tender, about 5 minutes.
- Mix in the bread crumbs and parsley and remove from the heat.
- Add the oysters and eggs, and season with salt, pepper, poultry seasoning and thyme. Stir in enough liquid from the oysters to moisten and mix everything thoroughly.
- Transfer to the casserole dish.
- Bake in the preheated oven until the top is toasted and a knife inserted into the center comes out clean, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:7.69, Glycemic Load:0.24, Inflammation Score:-4, Nutrition Score:12.075217355853%

Flavonoids

Apigenin: 1.26mg, Apigenin: 1.26mg, Apigenin: 1.26mg, Apigenin: 1.26mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg,

Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 240.6kcal (12.03%), Fat: 4.61g (7.1%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 40.33g (13.44%), Net Carbohydrates: 37.58g (13.67%), Sugar: 3.92g (4.36%), Cholesterol: 32.55mg (10.85%), Sodium: 634.75mg (27.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.7g (17.4%), Vitamin B1: 0.53mg (35.55%), Manganese: 0.55mg (27.41%), Selenium: 17.15µg (24.49%), Vitamin B3: 3.68mg (18.38%), Zinc: 2.75mg (18.36%), Iron: 3.12mg (17.33%), Folate: 67.18µg (16.79%), Vitamin K: 16.88µg (16.08%), Vitamin B2: 0.27mg (15.69%), Copper: 0.29mg (14.27%), Phosphorus: 114.98mg (11.5%), Calcium: 113.81mg (11.38%), Vitamin B12: 0.67µg (11.15%), Fiber: 2.75g (11%), Magnesium: 27.4mg (6.85%), Vitamin B6: 0.1mg (4.99%), Vitamin B5: 0.47mg (4.65%), Potassium: 159.83mg (4.57%), Vitamin A: 121.91IU (2.44%), Vitamin C: 1.63mg (1.98%), Vitamin E: 0.27mg (1.77%), Vitamin D: 0.17µg (1.1%)