



Rick's Family Oyster Stuffing

READY IN



25 min.

SERVINGS



8

CALORIES



292 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 2 stalks celery minced
- ☐ 1 tablespoon olive oil
- ☐ 1 onion minced
- ☐ 1 teaspoon poultry seasoning to taste
- ☐ 1 pint shucked oysters
- ☐ 12 ounce bread stuffing mix
- ☐ 2.5 cups water hot or as needed

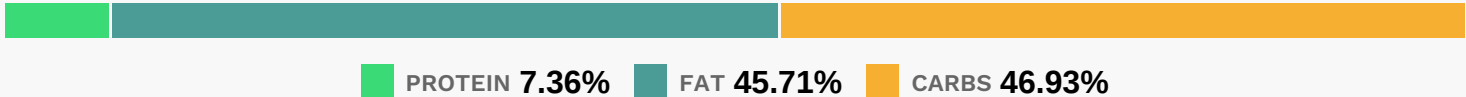
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the olive oil in a large skillet over medium heat, and cook and stir the onion and celery until the onion is translucent, about 5 minutes.
- ☐ Transfer the vegetables into a large bowl.
- ☐ Mix in the stuffing mix, oysters, melted butter, and seasoning; pour in hot water to desired moistness. If used for stuffing a turkey, stuffing will need less moisture.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:9.6869564833848%

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: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 292.02kcal (14.6%), Fat: 14.85g (22.85%), Saturated Fat: 7.94g (49.62%), Carbohydrates: 34.32g (11.44%), Net Carbohydrates: 32.54g (11.83%), Sugar: 4.29g (4.76%), Cholesterol: 33.29mg (11.1%), Sodium: 706.07mg (30.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.76%), Selenium: 21.85µg (31.21%), Folate: 78.84µg (19.71%), Zinc: 2.78mg (18.56%), Vitamin B1: 0.26mg (17.62%), Manganese: 0.32mg (15.76%), Copper: 0.29mg (14.66%), Vitamin B3: 2.57mg (12.84%), Iron: 2.04mg (11.35%), Vitamin B2: 0.19mg (11.28%), Vitamin B12: 0.55µg (9.17%), Vitamin A: 409.75IU (8.2%), Phosphorus: 75.92mg (7.59%), Vitamin K: 7.57µg (7.21%), Fiber: 1.78g (7.13%), Calcium: 60.03mg (6%), Magnesium: 22.13mg (5.53%), Vitamin E: 0.83mg (5.51%), Potassium: 165.04mg (4.72%), Vitamin B6: 0.09mg (4.7%), Vitamin B5: 0.24mg (2.4%), Vitamin C: 1.36mg (1.65%)