



Shrimp and Cornbread Stuffing

READY IN



45 min.

SERVINGS



10

CALORIES



415 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound andouille sausage chopped
- ☐ 3 tablespoons butter
- ☐ 2 cups corn kernels fresh whole frozen thawed or kernel corn,
- ☐ 10 servings cornbread yellow
- ☐ 3 large eggs lightly beaten
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 green onions thinly sliced
- ☐ 1.5 teaspoons ground cumin

- ☐ 1 small jalapeno seeded chopped
- ☐ 1.5 cups milk
- ☐ 1 small onion chopped
- ☐ 1 teaspoon pepper freshly ground
- ☐ 1 teaspoon salt
- ☐ 1 pound shrimp fresh unpeeled

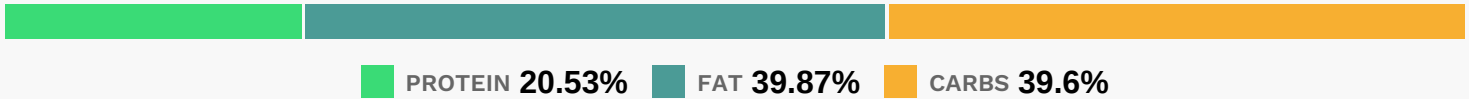
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cut cornbread into 1-inch cubes. Arrange in a single layer in a 15- x 10-inch jellyroll pan.
- ☐ Bake at 350 for 10 to 15 minutes or until lightly browned. Set aside.
- ☐ Peel shrimp; devein, if desired. Set aside.
- ☐ Melt butter in a large skillet over medium heat; add onion and garlic, and saut until tender.
- ☐ Add shrimp, sausage, green onions, corn, and jalapeo pepper. Cook, stirring constantly, until shrimp begin to turn pink.
- ☐ Remove from heat. (Shrimp will still be raw.) Stir in cumin and next 5 ingredients. Fold in cornbread. Spoon into a lightly greased 13- x 9-inch baking dish.
- ☐ Bake at 350 for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:27.8, Glycemic Load:0.93, Inflammation Score:-5, Nutrition Score:13.369565175927%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 415.25kcal (20.76%), Fat: 18.64g (28.67%), Saturated Fat: 7.7g (48.14%), Carbohydrates: 41.65g (13.88%), Net Carbohydrates: 39.37g (14.32%), Sugar: 13.91g (15.45%), Cholesterol: 195.95mg (65.32%), Sodium: 898.51mg (39.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.59g (43.18%), Phosphorus: 465.02mg (46.5%), Selenium: 15.6µg (22.28%), Calcium: 175.57mg (17.56%), Vitamin B2: 0.29mg (16.96%), Vitamin B1: 0.25mg (16.81%), Vitamin B3: 3.21mg (16.06%), Folate: 55.98µg (14%), Zinc: 2.09mg (13.96%), Copper: 0.28mg (13.85%), Potassium: 463.44mg (13.24%), Manganese: 0.26mg (13.16%), Iron: 2.32mg (12.88%), Magnesium: 49.73mg (12.43%), Vitamin B12: 0.7µg (11.64%), Vitamin B5: 1.11mg (11.13%), Vitamin B6: 0.2mg (9.77%), Vitamin A: 460.59IU (9.21%), Fiber: 2.28g (9.11%), Vitamin K: 8.74µg (8.32%), Vitamin D: 1.02µg (6.8%), Vitamin C: 4.9mg (5.94%), Vitamin E: 0.88mg (5.89%)