



Smoked-Oyster-and-Andouille Dressing

READY IN



130 min.

SERVINGS



10

CALORIES



827 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups andouille sausage diced
- ☐ 1 teaspoon pepper black
- ☐ 1 cup butter
- ☐ 1 tablespoon cajun blackened seasoning
- ☐ 2 cups celery finely chopped (4 to 5 ribs)
- ☐ 4 cups chicken broth
- ☐ 5 cups cornbread crumbled
- ☐ 4 large eggs lightly beaten
- ☐ 2 tablespoons rosemary fresh chopped

- ☐ 0.3 cup sage fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 1 cup bell pepper green chopped
- ☐ 2 cups onion chopped (1 large)
- ☐ 11.3 oz dozens oysters smoked drained canned
- ☐ 1 tablespoon poultry seasoning
- ☐ 8 ounces sourdough bread cut into 1/2-inch cubes (5 cups)

Equipment

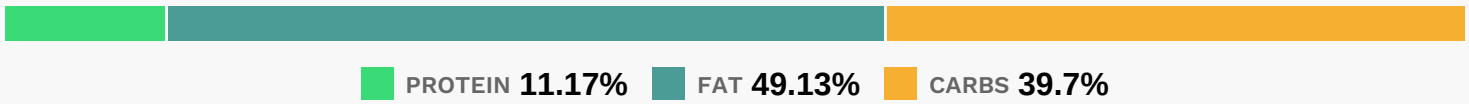
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 40
- ☐ Stir together cornbread and bread cubes in a large bowl. Melt butter in a large saucepan over medium heat.
- ☐ Add sausage, and cook, covered and stirring occasionally, 5 to 7 minutes or until butter turns a light orange.
- ☐ Remove sausage with a slotted spoon; drain on paper towels.
- ☐ Add onion and next 2 ingredients to butter; saut 8 minutes or until tender.
- ☐ Add sage and next 2 ingredients, and saut 1 minute. Stir in Cajun seasoning and next 2 ingredients; remove from heat.
- ☐ Stir vegetables and sausage into cornbread mixture. Stir in oysters and next 2 ingredients.
- ☐ Spread in a lightly greased 13- x 9-inch pan; cover with aluminum foil.

- ☐
- Bake, covered, at 400 for 30 minutes. Uncover and bake 30 more minutes or until browned and thoroughly cooked.
- ☐
- Let stand 10 minutes before serving.
- ☐
- Note: We tested with Weber New Orleans Cajun Seasoning and cornbread made with Martha White Cotton Country Cornbread
- ☐
- Mix. (Do not use a sweet cornbread mix, such as Jiffy.)

Nutrition Facts



Properties

Glycemic Index:27.65, Glycemic Load:9.96, Inflammation Score:-9, Nutrition Score:26.178260761759%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg

Nutrients (% of daily need)

Calories: 827.21kcal (41.36%), Fat: 45.51g (70.01%), Saturated Fat: 21.1g (131.91%), Carbohydrates: 82.72g (27.57%), Net Carbohydrates: 78.01g (28.37%), Sugar: 23g (25.56%), Cholesterol: 234.48mg (78.16%), Sodium: 1880.93mg (81.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.28g (46.56%), Copper: 1.3mg (65.13%), Phosphorus: 628.72mg (62.87%), Selenium: 34.22µg (48.89%), Vitamin B1: 0.57mg (37.79%), Vitamin B3: 6.83mg (34.16%), Vitamin B2: 0.58mg (33.98%), Manganese: 0.64mg (31.78%), Folate: 120.23µg (30.06%), Iron: 4.84mg (26.87%), Zinc: 3.94mg (26.24%), Calcium: 228.9mg (22.89%), Vitamin A: 1130.62IU (22.61%), Vitamin C: 17.47mg (21.17%), Vitamin B12: 1.25µg (20.84%), Fiber: 4.71g (18.85%), Vitamin B6: 0.35mg (17.58%), Vitamin K: 16.91µg (16.11%), Vitamin B5: 1.57mg (15.67%), Potassium: 543.93mg (15.54%), Vitamin E: 2mg (13.34%), Magnesium: 50.61mg (12.65%), Vitamin D: 1.06µg (7.08%)