



Sourdough-Oyster Dressing

READY IN



45 min.

SERVINGS



8

CALORIES



248 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 4 rib celery chopped
- 8 bacon crumbled cooked
- 2 garlic cloves minced
- 0.5 teaspoon ground pepper black
- 6 ounce marinated artichoke hearts drained chopped
- 1 onion finely chopped
- 0.3 cup parsley fresh italian chopped
- 1 teaspoon salt

- 8 ounce shucked oysters drained coarsely chopped (2 dozen oysters)
- 8 cups sourdough bread cubed (8 slices)
- 0.5 cup whipping cream

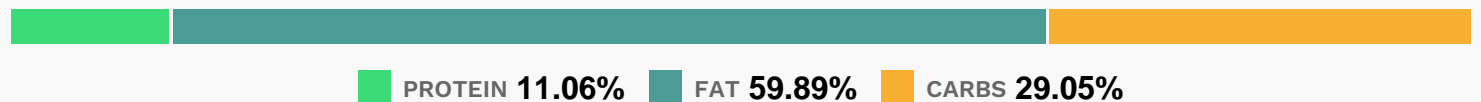
Equipment

- bowl
- frying pan
- baking sheet
- oven
- baking pan

Directions

- Arrange bread cubes on 2 baking sheets.
- Bake at 350 for 10 minutes or until dry and golden.
- Melt butter in a large skillet over medium-high heat; add onion, celery, and garlic. Saut 6 to 8 minutes or until tender.
- Add salt and next 3 ingredients; cook 1 minute.
- Remove from heat.
- Combine bread cubes, oyster mixture, bacon, parsley, and artichoke hearts in a large bowl, tossing well. Spoon dressing into a greased 11" x 7" baking dish.
- Bake, uncovered, at 375 for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:29.19, Glycemic Load:11.6, Inflammation Score:-7, Nutrition Score:9.6400000738061%

Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin:

0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 247.91kcal (12.4%), Fat: 16.57g (25.49%), Saturated Fat: 5.95g (37.2%), Carbohydrates: 18.08g (6.03%), Net Carbohydrates: 16.67g (6.06%), Sugar: 2.58g (2.86%), Cholesterol: 25.86mg (8.62%), Sodium: 750.26mg (32.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.77%), Vitamin K: 42.12µg (40.11%), Selenium: 13.26µg (18.94%), Vitamin A: 903.11IU (18.06%), Vitamin B1: 0.26mg (17.2%), Zinc: 1.75mg (11.65%), Vitamin B3: 2.28mg (11.42%), Vitamin C: 9.16mg (11.1%), Vitamin B2: 0.18mg (10.52%), Folate: 41.94µg (10.49%), Manganese: 0.21mg (10.43%), Iron: 1.68mg (9.34%), Phosphorus: 80.35mg (8.04%), Copper: 0.15mg (7.35%), Vitamin B12: 0.37µg (6.1%), Fiber: 1.41g (5.65%), Vitamin B6: 0.11mg (5.41%), Calcium: 42.21mg (4.22%), Magnesium: 16.29mg (4.07%), Potassium: 134.17mg (3.83%), Vitamin E: 0.5mg (3.32%), Vitamin B5: 0.27mg (2.67%), Vitamin D: 0.27µg (1.8%)