

Southwest Corn Bread Stuffing with Corn and Green Chilies

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



206 kcal

SIDE DISH

Ingredients

- 3 large pepper flakes seeded chopped
- 1 cornbread
- 2 pound corn kernels yellow frozen thawed
- 4 large eggs
- 0.7 cup cilantro leaves fresh chopped
- 1.3 cups spring onion chopped
- 0.5 teaspoon pepper black

- 8 ounces pepper flakes fresh seeded chopped
- 2.3 teaspoons salt
- 0.3 cup sugar
- 10 tablespoons butter unsalted

Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Melt butter in heavy large skillet over medium-high heat.
- Add all chilies; sauté until beginning to soften, about 8 minutes. Stir in 1 package corn and green onions.
- Transfer to very large bowl.
- Mix in cilantro. Coarsely crumble corn bread into vegetable mixture; toss to blend.
- Blend second package of corn, eggs, sugar, salt, and pepper in processor to coarse puree. Stir mixture into stuffing.
- Loosely fill neck and main cavities of turkey with stuffing.
- Add enough broth to remaining stuffing to moisten slightly (1/4 to 3/4 cup, depending on amount of remaining stuffing). Generously butter baking dish. Spoon remaining stuffing into prepared dish. Cover with buttered foil, buttered side down.
- Bake stuffing in dish along side turkey until heated through, about 25 minutes. Uncover stuffing.
- Bake until top of stuffing is slightly crisp and golden, about 15 minutes longer.
- Preheat oven to 350°F. Generously butter 13x9x2-inch glass baking dish, depending on recipe.
- Transfer stuffing to prepared dish. Cover with buttered foil, buttered side down.

Bake until heated through, about 40 minutes. Uncover and bake until top is slightly crisp and golden, about 20 minutes longer.

* Available at Latin American markets and many supermarkets.

Nutrition Facts

PROTEIN 9.21% **FAT 51.86%** **CARBS 38.93%**

Properties

Glycemic Index:21.34, Glycemic Load:4.07, Inflammation Score:-7, Nutrition Score:10.360434894976%

Flavonoids

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 206.48kcal (10.32%), Fat: 12.62g (19.42%), Saturated Fat: 6.9g (43.15%), Carbohydrates: 21.32g (7.11%), Net Carbohydrates: 18.92g (6.88%), Sugar: 10.23g (11.37%), Cholesterol: 89.93mg (29.98%), Sodium: 650.75mg (28.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.08%), Vitamin C: 46.74mg (56.65%), Vitamin K: 29.73µg (28.31%), Vitamin A: 875.19IU (17.5%), Folate: 53.07µg (13.27%), Vitamin B2: 0.19mg (11.34%), Vitamin B6: 0.22mg (11.07%), Phosphorus: 107.5mg (10.75%), Fiber: 2.4g (9.58%), Manganese: 0.19mg (9.56%), Selenium: 6.37µg (9.1%), Potassium: 263.98mg (7.54%), Vitamin B3: 1.31mg (6.57%), Vitamin B5: 0.64mg (6.4%), Iron: 1.08mg (6.03%), Magnesium: 22.31mg (5.58%), Vitamin E: 0.83mg (5.52%), Vitamin B1: 0.07mg (4.86%), Copper: 0.09mg (4.69%), Zinc: 0.63mg (4.18%), Calcium: 34.15mg (3.41%), Vitamin D: 0.51µg (3.39%), Vitamin B12: 0.18µg (2.99%)