



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

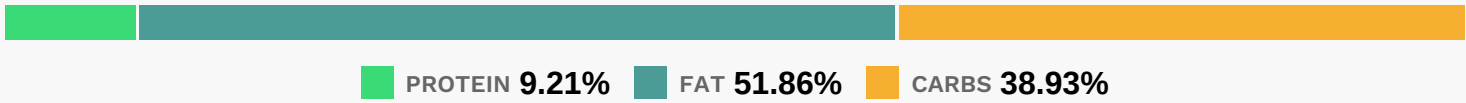
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

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



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: Og (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%)