



Southwestern Stuffing with Gulf Seafood

READY IN



45 min.

SERVINGS



12

CALORIES



456 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 1 tablespoon butter
- ☐ 0.5 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 1 cup chicken broth
- ☐ 1 pound chorizo chopped
- ☐ 12 servings skillet cornbread crumbled
- ☐ 0.5 pound crawfish tails frozen thawed peeled
- ☐ 2 tablespoons cilantro leaves fresh chopped

- ☐ 1 teaspoon sage fresh chopped
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 3 garlic cloves minced
- ☐ 0.5 pound lump crab meat fresh
- ☐ 1 cup onion chopped
- ☐ 12 ounce dozens oysters fresh drained
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 3 to 4 serrano chile peppers seeded finely chopped
- ☐ 1 cup whipping cream

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Brown sausage in a nonstick skillet over medium heat; drain well on paper towels. Set sausage aside.
- ☐ Melt butter in a large skillet over medium heat; add onion and next 4 ingredients, and saute until tender.
- ☐ Add bourbon. Bring to a boil; reduce heat, and simmer 5 minutes.
- ☐ Combine chorizo, vegetable mixture, cornbread, and remaining ingredients; toss gently.
- ☐ Spoon mixture into a lightly greased
- ☐ - x 9-inch baking dish.
- ☐ Bake at 350 for 30 minutes.
- ☐ *1/4 cup chicken broth may be substituted.

Nutrition Facts

 **PROTEIN 13.97%**  **FAT 53.17%**  **CARBS 32.86%**

Properties

Glycemic Index:28.99, Glycemic Load:0.57, Inflammation Score:-8, Nutrition Score:14.290434837341%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 455.54kcal (22.78%), Fat: 26.19g (40.29%), Saturated Fat: 11.11g (69.44%), Carbohydrates: 36.41g (12.14%), Net Carbohydrates: 34.02g (12.37%), Sugar: 11.4g (12.67%), Cholesterol: 95.32mg (31.77%), Sodium: 664.33mg (28.88%), Alcohol: 1.67g (100%), Alcohol %: 1.07% (100%), Protein: 15.48g (30.97%), Copper: 0.89mg (44.68%), Vitamin B12: 2.19µg (36.58%), Phosphorus: 318.45mg (31.84%), Vitamin A: 1502.3IU (30.05%), Manganese: 0.44mg (22.13%), Selenium: 14.5µg (20.71%), Zinc: 3.01mg (20.04%), Iron: 2.39mg (13.29%), Folate: 49.15µg (12.29%), Calcium: 120.1mg (12.01%), Vitamin B1: 0.18mg (11.71%), Vitamin B2: 0.19mg (10.89%), Fiber: 2.39g (9.56%), Vitamin B3: 1.7mg (8.48%), Magnesium: 31.49mg (7.87%), Vitamin B6: 0.14mg (7.21%), Potassium: 227.79mg (6.51%), Vitamin B5: 0.58mg (5.76%), Vitamin K: 5.65µg (5.38%), Vitamin C: 4.19mg (5.08%), Vitamin E: 0.67mg (4.49%), Vitamin D: 0.32µg (2.12%)