



## Thanksgiving Tradition Oyster Dressing

READY IN



80 min.

SERVINGS



8

CALORIES



448 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 cups unseasoned bread cubes fresh
- 1 cup butter
- 1.5 cups celery with leaves chopped
- 1 teaspoon ground pepper black
- 0.8 cup onion chopped
- 1.5 pints dozens oysters fresh coarsely chopped
- 0.5 teaspoon poultry seasoning
- 1.5 teaspoons salt
- 0.5 teaspoon thyme leaves

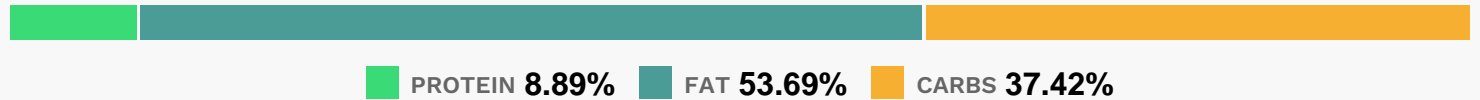
## Equipment

- oven
- baking pan
- aluminum foil
- dutch oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking pan.
- Heat butter in a Dutch oven or large heavy pot over medium-high heat; cook and stir onion until tender, about 5 minutes.
- Remove Dutch oven from heat. Stir bread crumbs, oysters, oyster liquor, celery, salt, black pepper, thyme, and poultry seasoning into onion. Spoon mixture into the prepared baking pan; cover tightly with aluminum foil.
- Bake in the preheated oven for 40 minutes; remove aluminum foil and continue baking until lightly browned, about 20 more minutes.

## Nutrition Facts



## Properties

Glycemic Index:30.58, Glycemic Load:21.87, Inflammation Score:-7, Nutrition Score:16.138695385145%

## Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

## Nutrients (% of daily need)

Calories: 447.92kcal (22.4%), Fat: 27.04g (41.59%), Saturated Fat: 15.23g (95.22%), Carbohydrates: 42.39g (14.13%), Net Carbohydrates: 38.38g (13.96%), Sugar: 5.78g (6.42%), Cholesterol: 64.56mg (21.52%), Sodium: 1039.18mg (45.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.08g (20.15%), Manganese: 1.11mg (55.51%), Selenium: 26.4µg (37.71%), Zinc: 4.45mg (29.64%), Vitamin B3: 4.88mg (24.38%), Vitamin B1: 0.36mg (23.99%),

Folate: 82.81µg (20.7%), Iron: 3.6mg (20.01%), Copper: 0.4mg (19.8%), Vitamin A: 810.6IU (16.21%), Fiber: 4.01g (16.05%), Vitamin B2: 0.25mg (14.44%), Vitamin B12: 0.82µg (13.74%), Phosphorus: 133.41mg (13.34%), Calcium: 131.2mg (13.12%), Vitamin K: 13.22µg (12.59%), Magnesium: 41.11mg (10.28%), Vitamin B5: 0.81mg (8.09%), Vitamin B6: 0.13mg (6.58%), Vitamin E: 0.95mg (6.34%), Potassium: 215.26mg (6.15%), Vitamin C: 2.08mg (2.52%)