

Oyster Dressing

Mrs. Michael H. Mayer

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 6

1/2 cup margarine
2 large onions, chopped
1/3 cup celery, chopped
4 slices bread
water
1 egg, beaten
2 tablespoons parsley, chopped
1 pint oysters, drained
salt
pepper
pinch basil
pinch sage
pinch thyme
pinch marjoram
bread crumbs (optional)
margarine

Preheat the oven to 350 degrees.

In a ten-inch skillet, melt the margarine. Saute' the onions and celery until transparent.

Soak the bread in water. Drain and squeeze the water out of the bread. Tear into small pieces.

Add the bread to the onion mixture. Add the egg, parsley and oysters. Season with salt, pepper and the spices to taste. Simmer until the oysters begin to curl. If the mixture is soggy, add bread crumbs. (It should be very moist but there should be no excess liquid.)

Turn the mixture into a two-quart casserole. Dot with margarine.

Bake for about 30 minutes.

(This recipe may be made one day ahead and refrigerated. Then bake for 45 minutes.)

Per Serving (excluding unknown items): 264 Calories; 19g Fat (63.6% calories from fat); 9g Protein; 15g Carbohydrate; 1g Dietary Fiber; 79mg Cholesterol; 460mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 3 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	264	Vitamin B6 (mg):	.1mg
% Calories from Fat:	63.6%	Vitamin B12 (mcg):	16.1mcg

% Calories from Carbohydrates: 23.0%
% Calories from Protein: 13.4%
Total Fat (g): 19g
Saturated Fat (g): 4g
Monounsaturated Fat (g): 8g
Polyunsaturated Fat (g): 6g
Cholesterol (mg): 79mg
Carbohydrate (g): 15g
Dietary Fiber (g): 1g
Protein (g): 9g
Sodium (mg): 460mg
Potassium (mg): 251mg
Calcium (mg): 77mg
Iron (mg): 6mg
Zinc (mg): 75mg
Vitamin C (mg): 8mg
Vitamin A (i.u.): 869IU
Vitamin A (r.e.): 194RE

Thiamin B1 (mg): .2mg
Riboflavin B2 (mg): .2mg
Folacin (mcg): 29mcg
Niacin (mg): 2mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.0%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 1
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 3
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 264 **Calories from Fat:** 168

% Daily Values*

Total Fat	19g	29%
	Saturated Fat 4g	18%
Cholesterol	79mg	26%
Sodium	460mg	19%
Total Carbohydrates	15g	5%
	Dietary Fiber 1g	5%
Protein	9g	
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Vitamin A		17%
Vitamin C		13%
Calcium		8%
Iron		35%

* Percent Daily Values are based on a 2000 calorie diet.