

# Tri-Pepper Chorizo Stuffing

Test Kitchen Staff

Cooking Light Magazine - November 2013

## Servings: 12

1 1/2 cups unsalted chicken stock  
2 eggs  
12 ounces toasted sourdough bread cubes  
2 teaspoons canola oil  
1 cup poblano pepper, diced  
1 cup red pepper, diced  
1/2 cup onion, diced  
3 ounces Mexican pork chorizo  
1 jalapeno pepper, minced

## Bake: 45 minutes

Preheat the oven to 350 degrees.

Coat an 11x7-inch baking dish with cooking spray.

In a bowl, combine the chicken stock and eggs.

Add the sourdough bread cubes.

Heat a skillet over medium-high heat. Add the canola oil and swirl to coat the pan. Add the poblano pepper, red pepper, onion, chorizo and jalapeno pepper. Saute' for 5 minutes. Stir into the bread mixture.

Place the stuffing into the baking dish.

Bake the stuffing for 45 minutes.

---

Per Serving (excluding unknown items): 30 Calories; 2g Fat (47.0% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 35mg Cholesterol; 13mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 0 Fat.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	30	Vitamin B6 (mg):	.1mg
% Calories from Fat:	47.0%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	34.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	19.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	2g	Folacin (mcg):	11mcg

<b>Saturated Fat (g):</b>	trace
<b>Monounsaturated Fat (g):</b>	1g
<b>Polyunsaturated Fat (g):</b>	trace
<b>Cholesterol (mg):</b>	35mg
<b>Carbohydrate (g):</b>	3g
<b>Dietary Fiber (g):</b>	1g
<b>Protein (g):</b>	1g
<b>Sodium (mg):</b>	13mg
<b>Potassium (mg):</b>	89mg
<b>Calcium (mg):</b>	9mg
<b>Iron (mg):</b>	trace
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	55mg
<b>Vitamin A (i.u.):</b>	846IU
<b>Vitamin A (r.e.):</b>	92RE

<b>Niacin (mg):</b>	trace
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Refused:</b>	n n%

---

### Food Exchanges

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

---

## Nutrition Facts

Servings per Recipe: 12

---

### Amount Per Serving

**Calories** 30 Calories from Fat: 14

---

#### % Daily Values\*

<b>Total Fat</b> 2g	3%
Saturated Fat trace	2%
<b>Cholesterol</b> 35mg	12%
<b>Sodium</b> 13mg	1%
<b>Total Carbohydrates</b> 3g	1%
Dietary Fiber 1g	2%
<b>Protein</b> 1g	
<hr/>	
<b>Vitamin A</b>	17%
<b>Vitamin C</b>	91%
<b>Calcium</b>	1%
<b>Iron</b>	2%

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