Flexibility, Changeability, Replaceability, Maintainability, LC, HC, all these are good benefits of using the Interfaces, but the Complexity they cause in Code Base has much impact on the Understandability and Size of Codebase. There is a limit to which human mind can understand Complexity. Adding these Interfaces adds the complexity and layer of Indirection when we use DI/IOC with such Interfaces. So, in the case we are gaining above benefits I will not sacrifice the Understandability and Code size just to gain the above benefits

Understandability + Code Size > Flexibility, Changeability, Replaceability, Maintainability, LC, HC

But as you add TDD to the Benefits, the things change. TDD should be used if the application worth’s that much investment. So now

Testability with Other Side Benefits > Understandability + Code Size