



Andouille Sausage, Apple, and Pecan Dressing

READY IN



45 min.

SERVINGS



18

CALORIES



515 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 pound andouille sausage diced
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 3 cups breadcrumbs soft
- ☐ 1 cup butter divided
- ☐ 3 cups buttermilk
- ☐ 3 cups celery diced
- ☐ 60 ounce condensed chicken broth undiluted canned

- ☐ 7 large eggs divided
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup sage fresh finely chopped
- ☐ 2 granny smith apples chopped
- ☐ 2 cups onions diced
- ☐ 2 cups pecans toasted chopped
- ☐ 1 tablespoon pepper
- ☐ 1.5 teaspoons salt
- ☐ 2 tablespoons sugar
- ☐ 3 cups cornmeal white

Equipment

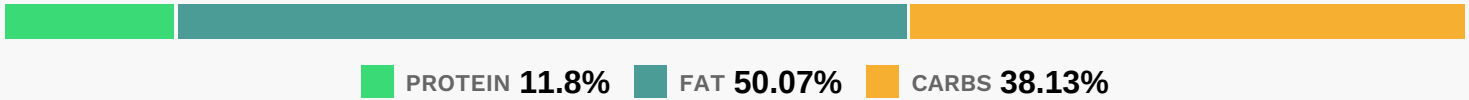
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Place 1/2 cup butter in a 13X9-inch pan; heat in oven at 425 for 4 minutes.
- ☐ Combine cornmeal and next 5 ingredients; whisk in 3 eggs and buttermilk.
- ☐ Pour hot butter into batter, stirring until blended.
- ☐ Pour batter into pan.
- ☐ Bake at 425 for 30 minutes or until golden brown. Cool.
- ☐ Crumble cornbread into a large bowl; stir in breadcrumbs, and set aside.
- ☐ Melt remaining 1/2 cup butter in a large skillet over medium heat; add onions and celery, and saut until tender. Stir in sage, and saut 1 more minute.
- ☐ Brown Andouille sausage in a skillet over medium heat; drain.
- ☐ Stir vegetables, remaining 4 eggs, chicken broth, and pepper into cornbread mixture.

- ☐
- Add sausage, Granny Smith apples, and pecans into cornbread mixture; pour evenly into 1 lightly greased 13- x 9-inch baking dish and 1 lightly greased 8-inch square baking dish. Cover and chill 8 hours.
- ☐
- Bake, uncovered at 375 for 40 to 45 minutes or until done.
- ☐
- *1 tablespoon dried rubbed sage may be substituted for fresh sage.

Nutrition Facts



Properties

Glycemic Index:22.28, Glycemic Load:6.75, Inflammation Score:-7, Nutrition Score:20.163043571555%

Flavonoids

Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 514.94kcal (25.75%), Fat: 29.06g (44.7%), Saturated Fat: 6.32g (39.52%), Carbohydrates: 49.79g (16.6%), Net Carbohydrates: 43.82g (15.93%), Sugar: 9.01g (10.01%), Cholesterol: 94.88mg (31.63%), Sodium: 1142.1mg (49.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.4g (30.81%), Copper: 1.41mg (70.69%), Manganese: 1.06mg (52.84%), Vitamin B1: 0.5mg (33.06%), Selenium: 19.23µg (27.47%), Phosphorus: 271.03mg (27.1%), Vitamin B2: 0.43mg (25.28%), Fiber: 5.98g (23.91%), Vitamin B3: 3.99mg (19.94%), Iron: 3.34mg (18.55%), Magnesium: 72.33mg (18.08%), Zinc: 2.67mg (17.8%), Vitamin B6: 0.33mg (16.55%), Folate: 64.42µg (16.11%), Vitamin B5: 1.57mg (15.71%), Calcium: 152.88mg (15.29%), Vitamin A: 726.58IU (14.53%), Potassium: 470.47mg (13.44%), Vitamin B12: 0.64µg (10.61%), Vitamin E: 1.19mg (7.94%), Vitamin D: 1.17µg (7.82%), Vitamin K: 7.87µg (7.5%), Vitamin C: 2.91mg (3.53%)