



WHATSheATE



Apple Bacon Cornbread Stuffing

READY IN



45 min.

SERVINGS



16

CALORIES



422 kcal

SIDE DISH

Ingredients

- ☐ 3 cups apple cider hard
- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.5 cup butter
- ☐ 4 stalks celery thinly sliced
- ☐ 8 eggs divided
- ☐ 1.5 cups flour
- ☐ 1 tablespoon thyme leaves fresh minced

- ☐ 4 granny smith apples cored peeled cut into 1/2- to 1-in. pieces
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 cup heavy whipping cream
- ☐ 2.5 cups milk low-fat
- ☐ 1 onion chopped
- ☐ 2 teaspoons salt divided
- ☐ 1 pound bacon thick-cut chopped
- ☐ 2 cups cornmeal yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 35
- ☐ Spray a 10- by 15-in. rimmed baking sheet or two 9- by 13-in. baking pans with cooking oil spray and set aside. Melt butter and set aside.
- ☐ In a medium bowl, whisk 4 eggs with milk and set aside. In a large bowl, mix cornmeal, flour, granulated sugar, brown sugar, baking powder, and 1 tsp. salt.
- ☐ Add milk mixture to cornmeal mixture and mix just enough to combine thoroughly. Stir in melted butter.

- ☐ Pour batter into prepared pan(s) and bake until golden brown, about 30 minutes.
- ☐ Let cool until cool enough to handle, about 30 minutes. Keep oven on.
- ☐ Cut cornbread into 1/2-in. pieces and spread on 2 large, rimmed baking sheets.
- ☐ Bake until golden brown, stirring once or twice, about 45 minutes.
- ☐ Let cool to room temperature; transfer to a very large bowl.
- ☐ Meanwhile, in a large frying pan over medium-high heat, cook bacon until brown and crisp. Using a slotted spoon, transfer bacon to a plate or baking sheet lined with paper towels.
- ☐ Transfer rendered fat to a small bowl and set aside.
- ☐ Put 1 tbsp. reserved bacon fat back in the same frying pan over medium-high heat.
- ☐ Add celery, onion, and remaining 1 tsp. salt. Cook until soft, about 5 minutes.
- ☐ Transfer onion and celery to a medium bowl along with bacon. Return pan to medium-high heat and add 1 more tbsp. reserved bacon fat.
- ☐ Add apples and cook, stirring occasionally, until well browned and soft but not falling apart, about 7 minutes.
- ☐ Transfer apples to bowl with onions, celery, and bacon.
- ☐ Return pan to medium-high heat and add cider. Use a wooden spoon to scrape up any browned bits on the bottom of the pan.
- ☐ Add cream and cook until liquid is reduced by half, about 10 minutes. Meanwhile, whisk remaining 4 eggs in a medium bowl.
- ☐ Add 1/4 cup cider-cream mixture to eggs, whisking constantly.
- ☐ Add another 1/2 cup cider cream, still whisking.
- ☐ Whisk in remaining cider cream.
- ☐ Pour egg mixture over reserved cornbread cubes and toss gently but thoroughly.
- ☐ Add reserved onion-bacon mixture, thyme, and pepper. Toss gently to combine well.
- ☐ Transfer mixture to a 9- by 13-in. baking pan, cover with aluminum foil, and bake until hot, about 45 minutes.
- ☐ Serve hot or warm.

Nutrition Facts



Properties

Glycemic Index:35.27, Glycemic Load:21.42, Inflammation Score:-7, Nutrition Score:11.616521793863%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 5.51mg, Epicatechin: 5.51mg, Epicatechin: 5.51mg, Epicatechin: 5.51mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

Nutrients (% of daily need)

Calories: 422.33kcal (21.12%), Fat: 22.25g (34.23%), Saturated Fat: 9.43g (58.92%), Carbohydrates: 45.08g (15.03%), Net Carbohydrates: 41.37g (15.04%), Sugar: 18.23g (20.26%), Cholesterol: 121.85mg (40.62%), Sodium: 689.17mg (29.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.27g (22.54%), Selenium: 18.76µg (26.8%), Phosphorus: 218.66mg (21.87%), Vitamin B1: 0.28mg (18.89%), Vitamin B2: 0.29mg (17.09%), Vitamin B6: 0.3mg (15.21%), Manganese: 0.3mg (15.01%), Fiber: 3.71g (14.85%), Calcium: 142.89mg (14.29%), Vitamin B3: 2.51mg (12.56%), Folate: 46.15µg (11.54%), Iron: 2mg (11.14%), Magnesium: 42.33mg (10.58%), Vitamin A: 524.51IU (10.49%), Potassium: 364.28mg (10.41%), Zinc: 1.55mg (10.35%), Vitamin B12: 0.58µg (9.67%), Vitamin B5: 0.9mg (9.04%), Vitamin D: 1.02µg (6.79%), Copper: 0.12mg (6.11%), Vitamin E: 0.75mg (5.03%), Vitamin C: 4.03mg (4.89%), Vitamin K: 4.8µg (4.57%)