



Apple Pecan Corn Bread Dressing

READY IN



45 min.

SERVINGS



20

CALORIES



304 kcal

SIDE DISH

Ingredients

- 2 cups apple juice
- 2 cups apples chopped
- 0.8 cup butter
- 1 cup celery chopped
- 1 pan cornbread cooled crumbled ()
- 3 eggs
- 2 tablespoons parsley fresh chopped
- 0.5 teaspoon ground ginger
- 1 cup onion chopped

- 0.5 cup pecans chopped
- 0.5 teaspoon salt
- 4 cups herb-seasoned bread stuffing mix dry

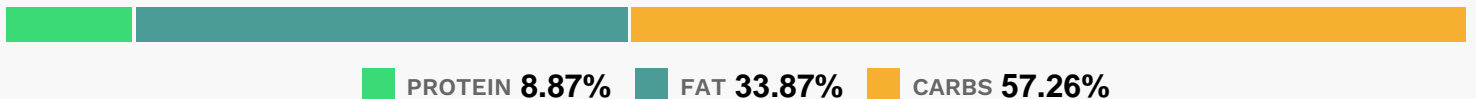
Equipment

- bowl
- sauce pan
- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C). Butter one 3 quart casserole dish.
- In a large bowl combine the corn bread, stuffing mix, parsley, salt and ginger.
- In a heavy saucepan melt the butter and saute; the celery and onion for 8 to 10 minutes or until tender.
- Add this to the cornbread mixture and mix well. Stir in the chopped apple, chopped pecans, apple juice and beaten eggs. Toss lightly. Spoon dressing into the prepared casserole dish.
- Bake for 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:11.19, Glycemic Load:1.78, Inflammation Score:-5, Nutrition Score:10.032173960105%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 1.01mg, Apigenin: 1.01mg, Apigenin: 1.01mg, Apigenin: 1.01mg Luteolin: 0.07mg, Luteolin: 0.07mg,

Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 303.97kcal (15.2%), Fat: 11.46g (17.64%), Saturated Fat: 5.28g (32.99%), Carbohydrates: 43.61g (14.54%), Net Carbohydrates: 41.18g (14.97%), Sugar: 8.63g (9.59%), Cholesterol: 45.04mg (15.01%), Sodium: 810.74mg (35.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.75g (13.51%), Selenium: 25.3µg (36.15%), Manganese: 0.47mg (23.39%), Folate: 89.43µg (22.36%), Vitamin B1: 0.32mg (21.41%), Vitamin B2: 0.25mg (14.47%), Vitamin B3: 2.89mg (14.47%), Iron: 2.15mg (11.95%), Phosphorus: 108.07mg (10.81%), Fiber: 2.43g (9.73%), Vitamin K: 9.69µg (9.23%), Copper: 0.16mg (8.22%), Magnesium: 27.23mg (6.81%), Calcium: 64.83mg (6.48%), Vitamin A: 319.36IU (6.39%), Potassium: 208.84mg (5.97%), Vitamin B6: 0.12mg (5.76%), Zinc: 0.71mg (4.75%), Vitamin B5: 0.38mg (3.84%), Vitamin E: 0.54mg (3.62%), Vitamin C: 2.11mg (2.56%), Vitamin B12: 0.09µg (1.49%)