



WHATShEATE



Apple Pecan Cornbread Dressing

READY IN



55 min.

SERVINGS



10

CALORIES



330 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 beaten
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 cup onion chopped

- ☐ 0.5 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 8 ounce herb-seasoned bread stuffing mix dry

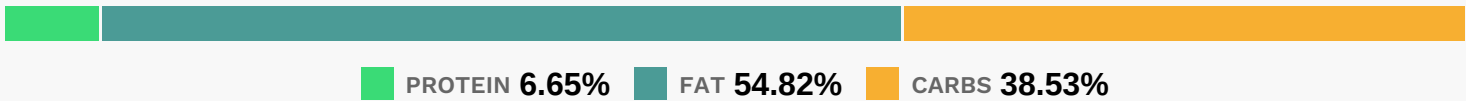
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Butter a 3 quart casserole dish.
- ☐ Melt the butter in a heavy saucepan, and saute the celery and onion for 8 to 10 minutes, or until tender.
- ☐ In a large bowl, combine the cornbread, stuffing mix, parsley, ginger, and salt.
- ☐ Mix in the celery and onion mixture, chopped apple, chopped pecans, apple juice, and beaten eggs. Spoon dressing into prepared casserole dish.
- ☐ Bake for 30 to 35 minutes in the preheated oven, or until heated through, and lightly browned on top.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:3.57, Inflammation Score:-6, Nutrition Score:9.3952174290367%

Flavonoids

Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Apigenin: 2.01mg, Apigenin: 2.01mg, Apigenin: 2.01mg, Apigenin: 2.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 330.2kcal (16.51%), Fat: 20.48g (31.51%), Saturated Fat: 9.95g (62.18%), Carbohydrates: 32.39g (10.8%), Net Carbohydrates: 29.83g (10.85%), Sugar: 11.31g (12.56%), Cholesterol: 89.35mg (29.78%), Sodium: 610.51mg (26.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.59g (11.18%), Manganese: 0.51mg (25.42%), Selenium: 16.06µg (22.95%), Vitamin K: 18.59µg (17.7%), Folate: 57.97µg (14.49%), Vitamin B1: 0.21mg (14.24%), Vitamin A: 637.29IU (12.75%), Vitamin B2: 0.2mg (11.84%), Phosphorus: 114.67mg (11.47%), Fiber: 2.56g (10.24%), Iron: 1.56mg (8.67%), Vitamin B3: 1.64mg (8.19%), Copper: 0.16mg (7.88%), Potassium: 240.66mg (6.88%), Magnesium: 25.67mg (6.42%), Vitamin B6: 0.12mg (6.06%), Calcium: 59.87mg (5.99%), Vitamin E: 0.81mg (5.42%), Vitamin C: 4.22mg (5.12%), Zinc: 0.76mg (5.04%), Vitamin B5: 0.48mg (4.81%), Vitamin B12: 0.16µg (2.75%), Vitamin D: 0.26µg (1.76%)