



Bacon-Cornbread Stuffing

 Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



305 kcal

SIDE DISH

Ingredients

- 4 slices bacon cut into 1/2-inch pieces
- 0.5 cup bell pepper green chopped
- 0.5 cup onion chopped
- 0.5 cup cranberries dried sweetened
- 2.3 cups water
- 4 cups seasoned bread crumbs (from 16-oz bag)
- 0.5 teaspoon lawry's seasoned salt
- 0.3 teaspoon marjoram dried

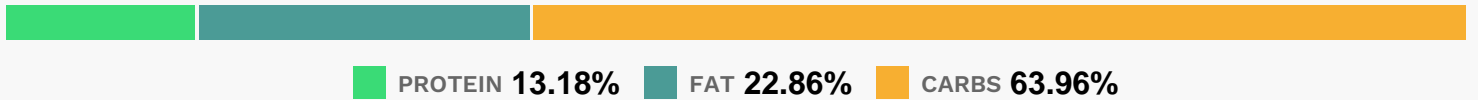
Equipment

- frying pan
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat oven to 350°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. In 12-inch nonstick skillet, cook bacon over medium heat about 6 minutes, stirring occasionally, until browned but not crisp. Stir in bell pepper and onion. Cook 3 to 4 minutes, stirring occasionally, until tender. Stir in cranberries.
- Add water; heat to boiling.
- Remove skillet from heat.
- Stir in stuffing mix, seasoned salt and marjoram until well mixed. Spoon into baking dish.
- Cover with foil; bake about 30 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.23, Inflammation Score:-5, Nutrition Score:13.099565040806%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 304.87kcal (15.24%), Fat: 7.76g (11.94%), Saturated Fat: 2.31g (14.46%), Carbohydrates: 48.88g (16.29%), Net Carbohydrates: 45.2g (16.44%), Sugar: 9.59g (10.66%), Cholesterol: 7.86mg (2.62%), Sodium: 1024.15mg (44.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.07g (20.14%), Vitamin B1: 0.62mg (41.19%), Manganese: 0.64mg (31.82%), Vitamin K: 28.92µg (27.55%), Selenium: 17.13µg (24.47%), Vitamin B3: 4.24mg (21.18%), Folate: 74.24µg (18.56%), Iron: 3.08mg (17.13%), Vitamin B2: 0.27mg (15.61%), Fiber: 3.67g (14.68%), Phosphorus: 127.42mg (12.74%), Vitamin C: 9.86mg (11.96%), Calcium: 115.81mg (11.58%), Copper: 0.18mg (8.83%), Vitamin B6: 0.17mg (8.38%), Magnesium: 31.83mg (7.96%), Zinc: 1.03mg (6.88%), Potassium: 195.07mg (5.57%), Vitamin B5: 0.47mg (4.73%), Vitamin B12: 0.26µg (4.42%), Vitamin A: 154.78IU (3.1%), Vitamin E: 0.4mg (2.66%)