



## Barbye's Cornbread Dressing

 Vegetarian

READY IN



70 min.

SERVINGS



10

CALORIES



135 kcal

SIDE DISH

### Ingredients

- 8 ounces baby portobello mushrooms sliced
- 2 tablespoons butter
- 0.5 cup chicken broth
- 1 pan cornbread ()
- 1 eggs beaten
- 2 teaspoons sea salt
- 2 teaspoons ground pepper black
- 1 cup onion diced

- 8 slices bread white lightly toasted
- 1 cup white wine

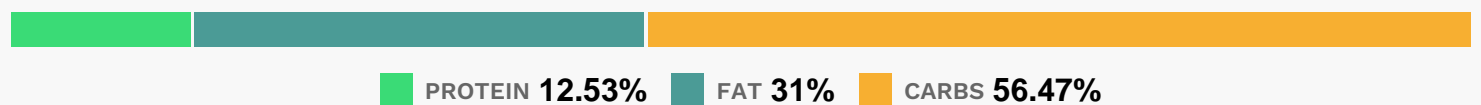
## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- In a heavy skillet over medium heat, melt the butter. Stir in onions and mushrooms. Cook and stir until mushrooms release liquid and onions soften, about 5 minutes.
- Crumble cornbread and place in large bowl. Tear toast into bite-sized pieces; add to cornbread.
- Add mushrooms and onions, granulated garlic, pepper, egg and white wine.
- Mix thoroughly; add enough broth to moisten.
- Preheat oven to 325 degrees F (165 degrees C).
- This recipe makes enough to stuff a 12- to 14-pound turkey, with 4 to 5 cups left over.
- Place excess stuffing in a baking dish and bake in preheated oven for 40 minutes.

## Nutrition Facts



## Properties

Glycemic Index:20.38, Glycemic Load:7.51, Inflammation Score:-3, Nutrition Score:5.6026086651761%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg

Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

## **Nutrients (% of daily need)**

Calories: 134.93kcal (6.75%), Fat: 4.12g (6.34%), Saturated Fat: 1.99g (12.46%), Carbohydrates: 16.88g (5.63%), Net Carbohydrates: 15.56g (5.66%), Sugar: 3.59g (3.99%), Cholesterol: 26.04mg (8.68%), Sodium: 203.51mg (8.85%), Alcohol: 2.47g (100%), Alcohol %: 2.88% (100%), Protein: 3.75g (7.49%), Selenium: 11.07µg (15.82%), Manganese: 0.26mg (12.98%), Vitamin B3: 2.18mg (10.88%), Vitamin B1: 0.14mg (9.48%), Folate: 37.63µg (9.41%), Phosphorus: 92.48mg (9.25%), Vitamin B2: 0.13mg (7.38%), Calcium: 62.67mg (6.27%), Iron: 1.11mg (6.17%), Copper: 0.11mg (5.73%), Vitamin B6: 0.11mg (5.35%), Fiber: 1.32g (5.28%), Vitamin B5: 0.51mg (5.13%), Potassium: 175.67mg (5.02%), Zinc: 0.48mg (3.22%), Magnesium: 12.27mg (3.07%), Vitamin A: 106.64IU (2.13%), Vitamin C: 1.2mg (1.45%), Vitamin E: 0.21mg (1.38%), Vitamin K: 1.29µg (1.23%), Vitamin B12: 0.07µg (1.19%), Vitamin D: 0.16µg (1.04%)