



Caramelized Onion and Cornbread Stuffing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



77 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 0.3 cup chicken stock see
- 6 large cornmeal muffins cubed
- 1 eggs
- 0.3 cup heavy cream
- 2 onions chopped
- 1 Handful sage leaves fresh chopped
- 8 servings salt and pepper black freshly ground







Equipment

- bowl
- frying pan
- oven
- whisk
- mixing bowl
- baking pan

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F.
- Melt the butter in a medium skillet over medium heat.
- Add the onions and cook, stirring, for about 10 minutes, or until soft and caramelized.
- Add sage and scrape into a large mixing bowl.
- Add the cornbread pieces, season well with salt and pepper, and give it a good toss until it's well combined. In a separate bowl, whisk together the egg, cream, and stock, and pour that over the cornbread. Stir the stuffing together and stuff the cavity of the turkey. You could also spoon it into a buttered baking dish and put it in the oven along with the turkey.
- Bake until hot and crusty on top, about 30 minutes.

Nutrition Facts

  
 **PROTEIN 7.98%**  **FAT 72.06%**  **CARBS 19.96%**

Properties

Glycemic Index:22.19, Glycemic Load:0.91, Inflammation Score:-3, Nutrition Score:6.594347813855%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg,

Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 76.92kcal (3.85%), Fat: 6.28g (9.65%), Saturated Fat: 3.76g (23.51%), Carbohydrates: 3.91g (1.3%), Net Carbohydrates: 3.26g (1.18%), Sugar: 1.54g (1.71%), Cholesterol: 36.61mg (12.2%), Sodium: 44.26mg (1.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.13%), Copper: 3.87mg (193.32%), Manganese: 0.18mg (9.04%), Vitamin A: 227.82IU (4.56%), Vitamin B2: 0.06mg (3.33%), Selenium: 2.3µg (3.28%), Phosphorus: 28.36mg (2.84%), Vitamin B6: 0.05mg (2.72%), Fiber: 0.65g (2.62%), Vitamin C: 2.09mg (2.54%), Calcium: 24.18mg (2.42%), Folate: 8.86µg (2.21%), Potassium: 72.67mg (2.08%), Iron: 0.35mg (1.95%), Magnesium: 7.43mg (1.86%), Vitamin B1: 0.03mg (1.68%), Vitamin D: 0.23µg (1.53%), Vitamin B5: 0.15mg (1.47%), Vitamin E: 0.22mg (1.46%), Zinc: 0.2mg (1.32%), Vitamin B12: 0.07µg (1.11%)