



Chicken-and-Cornbread Dressing

READY IN



45 min.

SERVINGS



10

CALORIES



315 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 2 cups buttermilk
- ☐ 2 tablespoons canola oil
- ☐ 1 cup celery chopped
- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 2 cups self-rising cornmeal mix white
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons sage fresh chopped

- ☐ 1 teaspoon pepper freshly ground
- ☐ 2 tablespoons sugar
- ☐ 1 cup onion sweet chopped

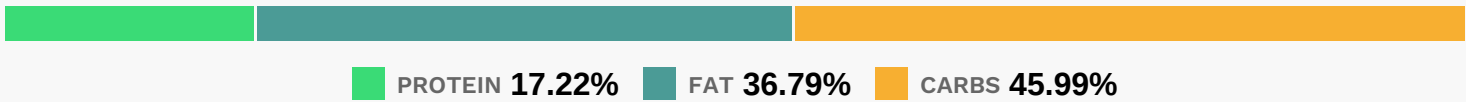
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Saut first 4 ingredients in hot oil in a 12-inch cast-iron skillet over medium heat 8 to 10 minutes or until tender.
- ☐ Remove from skillet; wipe skillet clean.
- ☐ Stir together cornmeal mix, buttermilk, and next 4 ingredients just until moistened. Stir in onion mixture and chicken just until blended.
- ☐ Pour batter into hot 12-inch skillet.
- ☐ Bake at 425 for 25 to 30 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:29.01, Glycemic Load:5.92, Inflammation Score:-6, Nutrition Score:17.307391208151%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 315.35kcal (15.77%), Fat: 12.93g (19.9%), Saturated Fat: 5.04g (31.51%), Carbohydrates: 36.38g (12.13%), Net Carbohydrates: 33.63g (12.23%), Sugar: 5.73g (6.37%), Cholesterol: 75.68mg (25.23%), Sodium: 580.16mg (25.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.63g (27.25%), Copper: 3.74mg (187.21%), Phosphorus: 351.32mg (35.13%), Folate: 117.22µg (29.3%), Vitamin B1: 0.35mg (23.21%), Vitamin B3: 4.45mg (22.27%), Vitamin B2: 0.36mg (21.22%), Selenium: 14.05µg (20.08%), Manganese: 0.4mg (19.76%), Calcium: 184.14mg (18.41%), Vitamin B6: 0.31mg (15.59%), Iron: 2.72mg (15.11%), Fiber: 2.75g (11.01%), Magnesium: 36.66mg (9.17%), Zinc: 1.32mg (8.78%), Vitamin A: 430.68IU (8.61%), Vitamin B5: 0.81mg (8.15%), Potassium: 274.27mg (7.84%), Vitamin B12: 0.4µg (6.68%), Vitamin K: 5.92µg (5.64%), Vitamin D: 0.82µg (5.49%), Vitamin E: 0.8mg (5.31%), Vitamin C: 1.08mg (1.31%)