



Chorizo-and-Dried Cherry Dressing

READY IN



140 min.

SERVINGS



16

CALORIES



441 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups breadcrumbs fresh soft
- ☐ 0.5 cup butter
- ☐ 3 cups celery diced
- ☐ 7 cups chicken broth
- ☐ 0.8 pound chorizo sausage diced
- ☐ 16 servings cornbread crumbles
- ☐ 1.5 cups cherries dried coarsely chopped
- ☐ 4 large eggs lightly beaten
- ☐ 0.5 cup sage fresh finely chopped

- ☐ 1 tablespoon pepper freshly ground
- ☐ 2 cups onions diced sweet
- ☐ 1 tablespoon vegetable oil

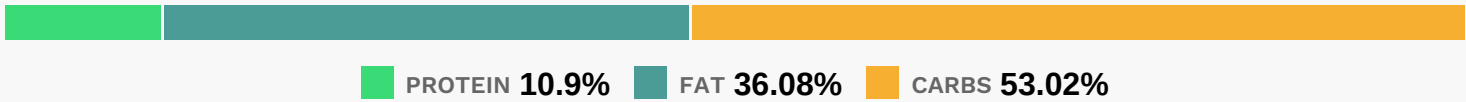
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400
- ☐ Saut sausage in hot oil in a large skillet over medium-high heat 4 to 5 minutes or until browned; drain.
- ☐ Melt butter in a large skillet over medium-high heat; add celery and onions, and saut 5 to 6 minutes or until onions are tender. Stir in sage, and saut 1 minute.
- ☐ Stir together Cornbread Crumbles and breadcrumbs in a large bowl. Stir in eggs, next 3 ingredients, sausage, and celery mixture, stirring until blended. Divide cornbread mixture between 1 lightly greased 13- x 9-inch baking dish and 1 lightly greased 8-inch square baking dish.
- ☐ Bake at 400 for 45 to 55 minutes or until set and golden brown.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:0.13, Inflammation Score:-7, Nutrition Score:15.335217242656%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg,

Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 441.41kcal (22.07%), Fat: 17.7g (27.22%), Saturated Fat: 8.4g (52.5%), Carbohydrates: 58.49g (19.5%), Net Carbohydrates: 54.52g (19.83%), Sugar: 18.49g (20.55%), Cholesterol: 113.01mg (37.67%), Sodium: 971.3mg (42.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.03g (24.06%), Copper: 1.37mg (68.63%), Phosphorus: 309.27mg (30.93%), Manganese: 0.49mg (24.65%), Vitamin B1: 0.35mg (23.37%), Selenium: 14.84µg (21.2%), Vitamin B2: 0.32mg (18.99%), Vitamin A: 944.26IU (18.89%), Folate: 72.24µg (18.06%), Iron: 2.97mg (16.49%), Calcium: 161.28mg (16.13%), Fiber: 3.97g (15.87%), Vitamin B3: 2.87mg (14.36%), Vitamin K: 11.88µg (11.31%), Vitamin B5: 0.74mg (7.4%), Vitamin B6: 0.14mg (6.9%), Potassium: 236.7mg (6.76%), Magnesium: 26.79mg (6.7%), Zinc: 1mg (6.65%), Vitamin C: 5.46mg (6.62%), Vitamin B12: 0.35µg (5.88%), Vitamin E: 0.79mg (5.25%), Vitamin D: 0.25µg (1.67%)