



Classic Cornbread Dressing

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



394 kcal

SIDE DISH

Ingredients

- 0.5 cup butter melted
- 1 cup celery diced
- 2 cups chicken broth
- 10 servings cornbread
- 2 large eggs lightly beaten
- 0.5 cup parsley fresh chopped
- 3 tablespoons sage fresh chopped
- 1 cup onion diced

- 0.5 teaspoon pepper
- 0.8 teaspoon salt
- 5 large spinach leaves chopped
- 0.5 cup walnuts toasted chopped
- 7 slices bread white crumbled toasted cut into 1/2

Equipment

- bowl
- frying pan
- oven

Directions

- Cook celery and onion in butter in a large skillet over medium heat until tender, stirring occasionally.
- Add kale, and cook, stirring constantly, 3 minutes or until kale wilts.
- Remove from heat.
- Coarsely crumble Cornbread into a large bowl.
- Add kale mixture; stir well.
- Add toasted breadcrumbs and next 6 ingredients. Stir in enough broth to moisten dry ingredients as desired. (For moist dressing, add the entire 3 cups broth.)
- Spoon dressing into a greased 13" x 9" x 2" pan.
- Bake, uncovered, at 325 for 1 hour or until top begins to brown.

Nutrition Facts



PROTEIN 8.62% **FAT 46.36%** **CARBS 45.02%**

Properties

Glycemic Index:24.98, Glycemic Load:6.64, Inflammation Score:-7, Nutrition Score:18.050869552985%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Apigenin: 6.75mg, Apigenin: 6.75mg, Apigenin: 6.75mg, Apigenin: 6.75mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 394.11kcal (19.71%), Fat: 20.53g (31.58%), Saturated Fat: 5.02g (31.39%), Carbohydrates: 44.86g (14.95%), Net Carbohydrates: 41.99g (15.27%), Sugar: 11.77g (13.08%), Cholesterol: 72.34mg (24.11%), Sodium: 923.91mg (40.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.59g (17.18%), Copper: 5.65mg (282.27%), Vitamin K: 57.24µg (54.52%), Manganese: 0.69mg (34.68%), Phosphorus: 308.78mg (30.88%), Folate: 75.19µg (18.8%), Selenium: 12.96µg (18.51%), Vitamin A: 907.7IU (18.15%), Vitamin B1: 0.26mg (17.04%), Calcium: 159.25mg (15.92%), Vitamin B2: 0.25mg (14.69%), Iron: 2.54mg (14.12%), Vitamin B3: 2.31mg (11.53%), Fiber: 2.87g (11.49%), Magnesium: 34.02mg (8.51%), Vitamin B6: 0.15mg (7.36%), Vitamin C: 5.79mg (7.01%), Vitamin B5: 0.7mg (7%), Zinc: 1.01mg (6.73%), Potassium: 231.17mg (6.6%), Vitamin E: 0.93mg (6.17%), Vitamin B12: 0.25µg (4.13%), Vitamin D: 0.2µg (1.33%)