



## Cornbread and Apple Stuffing

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



8

CALORIES



137 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 4 medium celery stalks
- 0.5 cup wine dry white
- 2 large eggs lightly beaten
- 2 medium apples i use 2 granny smith apples cored
- 1 teaspoon ground sage
- 1 tablespoon kosher salt
- 2 medium pink lady apples cored

- 4 tablespoons butter unsalted as needed plus more ()
- 1.5 cups vegetable broth low-sodium
- 1 medium onion yellow

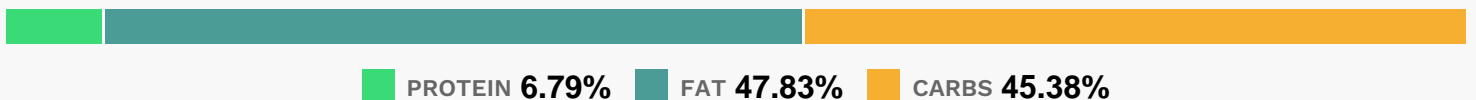
## Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan

## Directions

- Heat the oven to 375°F and arrange a rack in the middle. Coat a 13-by-9-inch baking dish with butter and set aside.
- Place the cornbread in a large bowl; set aside. Melt the measured butter in a large frying pan over medium-high heat until foaming.
- Add the apples, celery, onion, salt, sage, and pepper and cook, stirring occasionally, until the onion has softened, about 8 to 10 minutes.
- Add the wine, stir to combine, and cook until the wine is almost all evaporated, about 2 minutes.
- Pour the apple mixture over the cornbread, add the broth and eggs, and stir until combined and thoroughly moistened.
- Transfer the mixture to the prepared baking dish and spread it into an even layer.
- Bake uncovered until the top is golden brown, about 35 to 40 minutes.
- Remove to a wire rack and let cool for at least 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:21.25, Glycemic Load:3.69, Inflammation Score:-4, Nutrition Score:3.5678260404131%

## Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.93mg, Epicatechin: 6.93mg, Epicatechin: 6.93mg, Epicatechin: 6.93mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg

## Nutrients (% of daily need)

Calories: 136.63kcal (6.83%), Fat: 7.04g (10.84%), Saturated Fat: 4.02g (25.14%), Carbohydrates: 15.04g (5.01%), Net Carbohydrates: 12.36g (4.49%), Sugar: 10.46g (11.62%), Cholesterol: 61.55mg (20.52%), Sodium: 894.41mg (38.89%), Alcohol: 1.54g (100%), Alcohol %: 1.04% (100%), Protein: 2.25g (4.5%), Fiber: 2.68g (10.7%), Vitamin C: 5.27mg (6.39%), Vitamin A: 302.25IU (6.04%), Selenium: 4.01µg (5.73%), Vitamin B2: 0.09mg (5.33%), Manganese: 0.09mg (4.58%), Potassium: 154.2mg (4.41%), Phosphorus: 43.82mg (4.38%), Vitamin B6: 0.09mg (4.25%), Vitamin K: 3.65µg (3.48%), Vitamin E: 0.47mg (3.12%), Folate: 12.35µg (3.09%), Vitamin B5: 0.29mg (2.85%), Magnesium: 9.57mg (2.39%), Iron: 0.43mg (2.37%), Vitamin D: 0.35µg (2.37%), Copper: 0.04mg (2.19%), Calcium: 20.75mg (2.08%), Vitamin B12: 0.12µg (2.05%), Vitamin B1: 0.03mg (1.9%), Zinc: 0.25mg (1.68%)