



Cornbread and Candied Pecan Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



394 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 oz bacon diced
- ☐ 2 tablespoons butter
- ☐ 8 cups cornbread cubes ()
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 cups fat-skimmed chicken broth
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 8 oz onion peeled chopped
- ☐ 1 cup parsley minced

- ☐ 1.5 cups pecan halves
- ☐ 8 servings salt
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ aluminum foil
- ☐ spatula
- ☐ slotted spoon

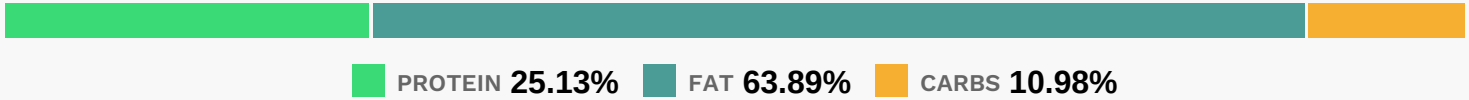
Directions

- ☐ Spread cornbread cubes level in a 10- by 15-inch rimmed pan.
- ☐ Bake in a 375 regular or convection oven until lightly toasted, 20 to 25 minutes, turning cubes occasionally with a wide spatula.
- ☐ Meanwhile, lightly butter one side of a 12-inch-long sheet of foil.
- ☐ Lay foil flat on a counter, buttered side up.
- ☐ In a 10- to 12-inch frying pan over high heat, stir 2 tablespoons butter, pecans, sugar, and 2 tablespoons vinegar just until liquid is evaporated and sugar mixture is dark brown, 4 to 5 minutes. Scrape nuts onto foil and push apart.
- ☐ Rinse frying pan and wipe dry. Return to medium-high heat and add bacon; stir often until well browned, 5 to 8 minutes. With a slotted spoon, transfer bacon to paper towels. Discard all but 2 tablespoons fat from pan.
- ☐ Add onion; stir often until limp and lightly browned, 5 to 8 minutes.
- ☐ Add remaining 2 tablespoons vinegar and stir until liquid is evaporated, about 1 minute.
- ☐ Add thyme and nutmeg and mix; add parsley and stir until wilted, about 1 minute.
- ☐ Remove from heat.

- ☐
- Pour toasted cornbread into a large bowl.

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Nutrition Facts



Properties

Glycemic Index:32.39, Glycemic Load:2.86, Inflammation Score:-7, Nutrition Score:13.294782620409%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 394.27kcal (19.71%), Fat: 28.96g (44.55%), Saturated Fat: 5.83g (36.43%), Carbohydrates: 11.2g (3.73%), Net Carbohydrates: 8.63g (3.14%), Sugar: 7.15g (7.94%), Cholesterol: 82.63mg (27.54%), Sodium: 2081.24mg (90.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.62g (51.24%), Vitamin K: 125.08µg (119.12%), Manganese: 0.91mg (45.25%), Vitamin C: 12.35mg (14.97%), Vitamin A: 740.6IU (14.81%), Vitamin B1: 0.21mg (13.71%), Copper: 0.27mg (13.38%), Iron: 2.01mg (11.18%), Phosphorus: 102.68mg (10.27%), Fiber: 2.56g (10.24%), Selenium: 6.44µg (9.19%), Zinc: 1.24mg (8.3%), Magnesium: 32.9mg (8.23%), Vitamin B3: 1.53mg (7.63%), Vitamin B6: 0.14mg (7.25%), Potassium: 222.97mg (6.37%), Folate: 21.81µg (5.45%), Vitamin B5: 0.41mg (4.15%), Vitamin B2: 0.07mg (4.14%), Vitamin B12: 0.23µg (3.76%), Calcium: 36.05mg (3.6%), Vitamin E: 0.5mg (3.33%)