



Cornbread and Sausage Dressing

READY IN



110 min.

SERVINGS



24

CALORIES



135 kcal

Ingredients

- 6.5 oz just-add-water cornbread mix
- 0.7 cup milk
- 0.3 cup butter melted
- 2 eggs
- 1.5 cups celery stalks chopped
- 1 cup onion finely chopped
- 4 cloves garlic finely chopped
- 1 lb sausage meat hot
- 0.3 teaspoon pepper red crushed
- 1 jalapeno seeded finely chopped

- 2 cups corn frozen thawed
- 1.5 teaspoons sage dried fresh chopped
- 1.5 teaspoons thyme leaves dried fresh chopped
- 1 teaspoon salt
- 0.5 teaspoon pepper
- 1.8 cups chicken broth (from 32-oz carton)

Equipment

- bowl
- frying pan
- oven
- aluminum foil
- glass baking pan

Directions

- Heat oven to 400°F. Spray 15x10x1-inch pan with cooking spray. In large bowl, stir muffin mixes, milk, butter and eggs just until moistened (batter will be lumpy).
- Spread batter in pan.
- Bake 10 to 12 minutes or until golden brown. Cool in pan 10 minutes. While still in pan, cut warm cornbread into 1/2-inch cubes. Fluff cubes.
- Bake 10 minutes. Stir cubes; bake 10 to 15 minutes longer or until golden brown on top.
- Meanwhile, in 10-inch skillet, cook celery, onion, garlic and sausage over medium-high heat 7 to 10 minutes, stirring frequently, until sausage is until no longer pink; drain if desired. Stir pepper flakes and chile into sausage mixture.
- In another large bowl, place cornbread cubes, sausage mixture and remaining ingredients. Stir gently, adding enough broth to moisten bread cubes but not make mixture mushy.
- Spoon dressing into ungreased 13x9-inch (3-quart) glass baking dish. Cover with foil; bake 25 to 30 minutes or until hot in center.

Nutrition Facts



■ PROTEIN 14.09% ■ FAT 56.43% ■ CARBS 29.48%

Properties

Glycemic Index:11, Glycemic Load:0.35, Inflammation Score:-3, Nutrition Score:4.9382608766141%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 135.3kcal (6.76%), Fat: 8.6g (13.23%), Saturated Fat: 2.57g (16.04%), Carbohydrates: 10.11g (3.37%), Net Carbohydrates: 8.94g (3.25%), Sugar: 2.37g (2.64%), Cholesterol: 28.56mg (9.52%), Sodium: 379.95mg (16.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.66%), Copper: 0.42mg (20.92%), Phosphorus: 95.03mg (9.5%), Vitamin B1: 0.11mg (7.61%), Vitamin B3: 1.47mg (7.34%), Vitamin B6: 0.13mg (6.26%), Vitamin B2: 0.1mg (5.91%), Manganese: 0.1mg (5.03%), Fiber: 1.17g (4.68%), Folate: 18.36µg (4.59%), Zinc: 0.67mg (4.46%), Potassium: 147.15mg (4.2%), Vitamin B12: 0.24µg (4.04%), Vitamin A: 186.41IU (3.73%), Iron: 0.65mg (3.62%), Vitamin C: 2.87mg (3.48%), Vitamin B5: 0.32mg (3.19%), Magnesium: 12.48mg (3.12%), Selenium: 2µg (2.86%), Vitamin D: 0.39µg (2.62%), Calcium: 25.08mg (2.51%), Vitamin K: 2.57µg (2.45%), Vitamin E: 0.22mg (1.46%)