



Cornbread and Sausage Dressing

READY IN



110 min.

SERVINGS



24

CALORIES



167 kcal

Ingredients

- ☐ 1 lb sausage meat hot
- ☐ 0.3 cup butter melted
- ☐ 1.5 cups celery stalks chopped
- ☐ 1.8 cups chicken broth (from 32-oz carton)
- ☐ 13 oz just-add-water cornbread mix
- ☐ 2 eggs
- ☐ 2 cups corn frozen thawed
- ☐ 4 cloves garlic finely chopped
- ☐ 1 jalapeno seeded finely chopped
- ☐ 0.7 cup milk

- ☐ 1 cup onion finely chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 teaspoon salt

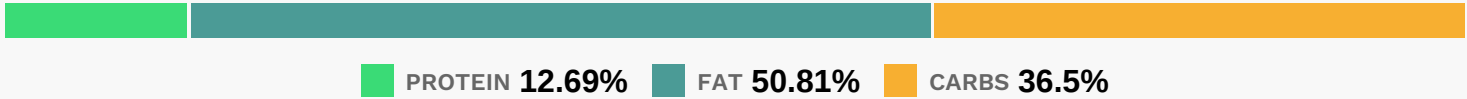
Equipment

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

Directions

- ☐ Heat oven to 400F. 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



Properties

Glycemic Index:9.13, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:4.8382608579553%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg 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: 167.09kcal (8.35%), Fat: 9.53g (14.66%), Saturated Fat: 2.8g (17.49%), Carbohydrates: 15.39g (5.13%), Net Carbohydrates: 13.75g (5%), Sugar: 3.93g (4.37%), Cholesterol: 28.71mg (9.57%), Sodium: 442.66mg (19.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.71%), Phosphorus: 132.4mg (13.24%), Vitamin B1: 0.15mg (9.77%), Vitamin B3: 1.72mg (8.61%), Vitamin B2: 0.12mg (7.1%), Vitamin B6: 0.13mg (6.73%), Fiber: 1.64g (6.57%), Folate: 25.44µg (6.36%), Manganese: 0.11mg (5.51%), Zinc: 0.71mg (4.73%), Iron: 0.81mg (4.49%), Potassium: 154.53mg (4.42%), Vitamin B12: 0.25µg (4.16%), Vitamin A: 189.3IU (3.79%), Vitamin B5: 0.36mg (3.55%), Magnesium: 13.91mg (3.48%), Selenium: 2.43µg (3.47%), Vitamin C: 2.68mg (3.25%), Vitamin K: 2.96µg (2.82%), Calcium: 28.14mg (2.81%), Vitamin D: 0.39µg (2.62%), Copper: 0.05mg (2.26%), Vitamin E: 0.23mg (1.54%)