



## Cornbread-Apricot Dressing

READY IN



45 min.

SERVINGS



18

CALORIES



163 kcal

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup butter
- 0.5 cup celery thinly sliced
- 16 ounce cornbread dressing mix
- 18 apricots dried chopped
- 31.5 ounce less-sodium chicken broth fat-free canned
- 0.5 cup parsley fresh chopped
- 1 tablespoon rosemary fresh finely chopped
- 1.5 cups onion chopped
- 0.3 teaspoon salt

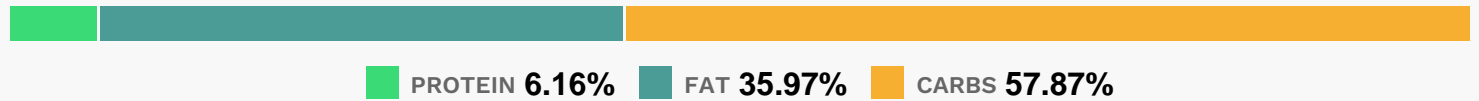
# Equipment

frying pan

# Directions

Melt butter in a nonstick skillet coated with cooking spray over medium-high heat. Saut onion and celery 8 minutes or until tender. Stir in broth and cook 2 minutes or until fully heated. Stir in dressing mix and remaining ingredients.

# Nutrition Facts



# Properties

Glycemic Index:11.47, Glycemic Load:1.79, Inflammation Score:-5, Nutrition Score:6.11999997885333%

# Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 3.67mg, Apigenin: 3.67mg, Apigenin: 3.67mg, Apigenin: 3.67mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

# Nutrients (% of daily need)

Calories: 163.28kcal (8.16%), Fat: 6.65g (10.23%), Saturated Fat: 2.95g (18.46%), Carbohydrates: 24.07g (8.02%), Net Carbohydrates: 21.5g (7.82%), Sugar: 10.09g (11.21%), Cholesterol: 9.54mg (3.18%), Sodium: 472.67mg (20.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Vitamin K: 30.06µg (28.63%), Phosphorus: 141mg (14.1%), Vitamin A: 579.01IU (11.58%), Fiber: 2.57g (10.28%), Vitamin B1: 0.12mg (8.05%), Folate: 31.06µg (7.77%), Vitamin B3: 1.38mg (6.88%), Manganese: 0.13mg (6.55%), Iron: 1.06mg (5.89%), Vitamin B2: 0.09mg (5.49%), Potassium: 174.28mg (4.98%), Vitamin C: 3.42mg (4.15%), Selenium: 2.8µg (4%), Vitamin B6: 0.07mg (3.54%), Vitamin E: 0.51mg (3.38%), Copper: 0.07mg (3.38%), Magnesium: 11.81mg (2.95%), Calcium: 28.74mg (2.87%), Vitamin B5: 0.26mg (2.58%), Vitamin B12: 0.13µg (2.15%), Zinc: 0.23mg (1.56%)