



Cornbread, Chestnut, and Country Ham Dressing

READY IN



170 min.

SERVINGS



10

CALORIES



307 kcal

Ingredients

- ☐ 6 slices bacon chopped
- ☐ 2 tablespoons butter melted
- ☐ 1 carrots chopped
- ☐ 2 rib celery chopped
- ☐ 0.3 cup roasted and chestnuts whole peeled chopped
- ☐ 1 cup chicken broth
- ☐ 10 servings buttermilk cornbread
- ☐ 0.5 cup country ham chopped
- ☐ 1 tablespoon sage fresh chopped

- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.5 medium size onion yellow chopped

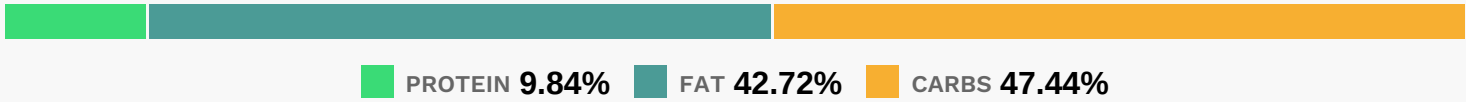
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Saut ham and bacon in a large skillet over medium-high heat 8 to 10 minutes or until browned.
- ☐ Add celery and next 2 ingredients, and saut 8 minutes or until vegetables are tender.
- ☐ Crumble cornbread into a large bowl. Stir in chestnuts and ham mixture. Stir in broth and next 5 ingredients. Spoon into a lightly greased 13- x 9-inch baking dish.
- ☐ Bake at 350 for 30 to 40 minutes or until lightly browned.
- ☐ *Walnuts or pecans may be substituted.
- ☐ Note: We tested with Lieber's Whole Roasted and Peeled Chestnuts.
- ☐ Brought to the table by John Zucker of Cru Caf in Charleston, South Carolina.

Nutrition Facts



Properties

Glycemic Index:28.68, Glycemic Load:1.48, Inflammation Score:-8, Nutrition Score:12.506086937759%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 307.32kcal (15.37%), Fat: 14.6g (22.47%), Saturated Fat: 5.89g (36.81%), Carbohydrates: 36.49g (12.16%), Net Carbohydrates: 34.69g (12.61%), Sugar: 10.23g (11.36%), Cholesterol: 53.74mg (17.91%), Sodium: 756.12mg (32.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.57g (15.14%), Copper: 1.91mg (95.35%), Phosphorus: 276.83mg (27.68%), Vitamin A: 1229.77IU (24.6%), Vitamin B1: 0.21mg (14.21%), Selenium: 9.62µg (13.74%), Manganese: 0.26mg (12.85%), Vitamin B3: 2.23mg (11.14%), Folate: 38.66µg (9.66%), Calcium: 95.09mg (9.51%), Vitamin B2: 0.16mg (9.18%), Iron: 1.51mg (8.4%), Vitamin B6: 0.15mg (7.37%), Fiber: 1.8g (7.2%), Zinc: 0.81mg (5.41%), Potassium: 189.51mg (5.41%), Vitamin B5: 0.51mg (5.09%), Vitamin C: 3.87mg (4.69%), Magnesium: 18.37mg (4.59%), Vitamin B12: 0.26µg (4.3%), Vitamin E: 0.5mg (3.36%), Vitamin K: 3.38µg (3.22%)