



Cornbread-Chestnut Dressing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



722 kcal

Ingredients

- ☐ 6 slices bacon ()
- ☐ 12 servings rich poultry broth with meats or 2 cups fat-skimmed chicken broth
- ☐ 0.8 cup celery finely chopped
- ☐ 1 pound honey (see notes)
- ☐ 0.3 teaspoon fresh-grated nutmeg
- ☐ 1 tablespoon sage leaves fresh minced
- ☐ 2 teaspoons thyme leaves fresh minced
- ☐ 0.3 cup green onions finely chopped
- ☐ 1 cup onion finely chopped

- ☐ 2 quarts cubes polenta cornbread (see notes)
- ☐ 12 servings salt and pepper

Equipment

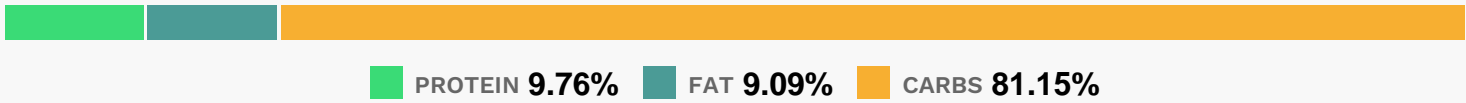
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ ziploc bags

Directions

- ☐ Discard any chestnuts that feel light for their size; they are apt to be spoiled or molded.
- ☐ Cut an X about 1/2 inch long through flat side of each shell.
- ☐ Place nuts in a 10- by 15-inch pan.
- ☐ Bake in a 400 oven until nuts are no longer starchy-tasting (cut 1 open to test), 25 to 30 minutes. Wrap hot nuts in a towel and enclose in a plastic bag; let stand about 15 minutes.
- ☐ Remove 1 warm nut at a time and use a short-bladed knife to pull off shell and as much brown skin as possible; discard shell and skin. Coarsely chop or crumble chestnuts.
- ☐ Meanwhile, in a 350 oven, toast polenta cornbread cubes in a 12- by 17-inch roasting pan, stirring occasionally, until edges begin to brown, 30 to 40 minutes.
- ☐ In a 10- to 12-inch frying pan over medium-high heat, turn bacon occasionally until browned, 4 to 6 minutes; lift from pan and drain on towels. When cool, crumble and add to toasted cornbread.
- ☐ To drippings in frying pan, add onion, celery, and green onions; stir occasionally until limp, 5 to 7 minutes.
- ☐ Add sage, thyme, nutmeg, and chestnuts; stir occasionally until vegetables are lightly browned, about 5 minutes longer. Scrape mixture into pan with cornbread.
- ☐ Add poultry broth and chopped poultry-broth meats and mix gently; for a moister dressing, add 1/2 cup chicken broth. Season dressing with salt and pepper to taste. Spoon into a shallow 3-quart casserole and cover tightly.

Bake in a 350 oven until hot in the center (about 150), 35 to 40 minutes. For a crusty top, uncover dressing for the last 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:9.37, Inflammation Score:-7, Nutrition Score:16.764782367841%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 722.36kcal (36.12%), Fat: 7.19g (11.06%), Saturated Fat: 1.83g (11.44%), Carbohydrates: 144.48g (48.16%), Net Carbohydrates: 141.48g (51.45%), Sugar: 2.06g (2.29%), Cholesterol: 7.26mg (2.42%), Sodium: 1203.35mg (52.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.38g (34.76%), Copper: 1.85mg (92.56%), Selenium: 34.12µg (48.75%), Vitamin B6: 0.45mg (22.46%), Vitamin B1: 0.32mg (21.07%), Vitamin C: 17.3mg (20.97%), Vitamin B3: 4.07mg (20.36%), Manganese: 0.4mg (20.23%), Phosphorus: 177.09mg (17.71%), Magnesium: 61.42mg (15.36%), Potassium: 534.89mg (15.28%), Iron: 2.48mg (13.8%), Vitamin B5: 1.31mg (13.13%), Fiber: 3g (11.99%), Folate: 38.4µg (9.6%), Vitamin B12: 0.51µg (8.48%), Vitamin A: 416.69IU (8.33%), Vitamin B2: 0.14mg (8.05%), Zinc: 1.06mg (7.09%), Vitamin K: 6.69µg (6.37%), Calcium: 31.88mg (3.19%)