



Cornbread-Chorizo Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



205 kcal

Ingredients

- ☐ 0.3 lb butter
- ☐ 0.5 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 1 pound chorizo sausage fresh firm mexican-style (see notes)
- ☐ 12 cups cubes cornbread (see notes)
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon sage leaves fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 6 cloves garlic minced peeled

- ☐ 16 servings salt and fresh-ground pepper
- ☐ 2.5 cups chicken broth divided reduced-sodium
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 8 oz onion red peeled chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a 10- to 12-inch frying pan over medium heat, stir chorizo until crumbly and browned (leave some large chunks), about 5 minutes.
- ☐ Transfer to paper towels to drain.
- ☐ Return pan to medium-high heat and add butter. When melted, add onion, celery, carrot, and garlic. Stir until vegetables are lightly browned, about 10 minutes.
- ☐ Add cilantro, thyme, oregano, and sage; stir until fragrant, 1 minute.
- ☐ Add chorizo and 2 cups chicken broth and cook just until boiling.
- ☐ Remove from heat.
- ☐ In a large bowl, combine cornbread cubes and vegetable-chorizo mixture. Stir until evenly moistened, seasoning to taste with salt and pepper. If mixture is too dry for your liking, moisten with additional 1/2 cup chicken broth. Spoon into a 9- by 13-inch baking dish.
- ☐ Cover and bake in a 450 oven for 10 minutes; uncover and continue to bake until top is browned and dressing is heated through, 10 to 15 minutes longer.
- ☐ Serve hot.

Nutrition Facts



 **PROTEIN 36.27%**  **FAT 55.06%**  **CARBS 8.67%**

Properties

Glycemic Index:16.74, Glycemic Load:0.57, Inflammation Score:-8, Nutrition Score:5.6891304034254%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 205.34kcal (10.27%), Fat: 12.81g (19.71%), Saturated Fat: 6.02g (37.63%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 3.88g (1.41%), Sugar: 2.43g (2.7%), Cholesterol: 81.04mg (27.01%), Sodium: 1371.55mg (59.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.99g (37.98%), Copper: 1.17mg (58.62%), Vitamin A: 1045.74IU (20.91%), Vitamin C: 7.65mg (9.27%), Iron: 1.24mg (6.91%), Manganese: 0.11mg (5.4%), Vitamin K: 4.74µg (4.52%), Vitamin B3: 0.61mg (3.04%), Calcium: 26.28mg (2.63%), Fiber: 0.66g (2.62%), Potassium: 89.17mg (2.55%), Vitamin B6: 0.05mg (2.39%), Phosphorus: 21.94mg (2.19%), Vitamin E: 0.27mg (1.78%), Vitamin B2: 0.03mg (1.6%), Folate: 5.93µg (1.48%), Magnesium: 5.29mg (1.32%)