



Cornbread Dressing

READY IN



260 min.

SERVINGS



16

CALORIES



452 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 1 cup celery diced
- 28 oz chicken broth canned
- 5 cups cornbread crumbled
- 21.5 oz cream of chicken soup canned
- 4 large eggs lightly beaten
- 0.5 teaspoon pepper
- 1 tablespoon rubbed sage
- 14 oz herb stuffing

1 large onion diced sweet

Equipment

bowl

frying pan

slow cooker

Directions

Combine first 9 ingredients in a large bowl.

Pour cornbread mixture into a lightly greased 6-qt. slow cooker. Dot with butter. Cover and cook on LOW 4 to 6 hours or until set and thoroughly cooked.

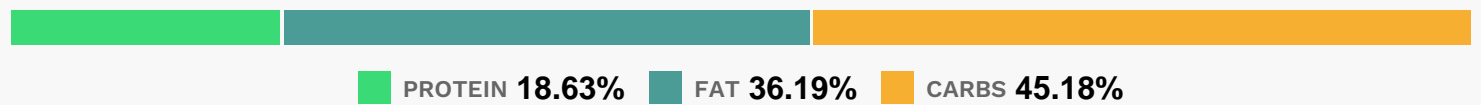
Note: We tested with Pepperidge Farm Herb Seasoned Stuffing. Two (6-oz.) packages of Martha White Buttermilk Cornbread & Muffin

Mix, prepared according to package directions, yields 5 cups crumbs.

TRY THIS TWIST!

Sausage-Apple Cornbread Dressing: Cook 1 (16-oz.) package ground pork sausage in a large skillet over medium-high heat, stirring often, 8 to 10 minutes or until meat crumbles and is no longer pink; drain. Stir sausage and 2 Granny Smith apples, peeled and diced, into cornbread mixture in Step

Nutrition Facts



Properties

Glycemic Index:9.81, Glycemic Load:1.21, Inflammation Score:-5, Nutrition Score:13.520434851232%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 452.43kcal (22.62%), Fat: 18.09g (27.82%), Saturated Fat: 6.25g (39.09%), Carbohydrates: 50.81g (16.94%), Net Carbohydrates: 48.03g (17.47%), Sugar: 13.73g (15.26%), Cholesterol: 120.26mg (40.09%), Sodium: 1103.97mg (48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.94g (41.89%), Selenium: 32.63µg (46.61%), Phosphorus: 419.7mg (41.97%), Vitamin B2: 0.29mg (17%), Iron: 3.01mg (16.74%), Folate: 65.4µg (16.35%), Vitamin B3: 3.25mg (16.25%), Zinc: 2.12mg (14.13%), Calcium: 136.45mg (13.65%), Manganese: 0.27mg (13.48%), Vitamin B12: 0.78µg (13.05%), Vitamin B1: 0.2mg (13%), Vitamin K: 13.15µg (12.53%), Vitamin B6: 0.22mg (11.17%), Fiber: 2.77g (11.09%), Vitamin A: 505.02IU (10.1%), Vitamin E: 1.29mg (8.61%), Copper: 0.17mg (8.5%), Magnesium: 31.23mg (7.81%), Potassium: 272.13mg (7.78%), Vitamin B5: 0.75mg (7.52%), Vitamin D: 0.3µg (2%), Vitamin C: 1.34mg (1.63%)