



Cornbread Dressing

READY IN



1540 min.

SERVINGS



12

CALORIES



315 kcal

SIDE DISH

Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 stick butter
- 1 cup buttermilk
- 2 carrots diced peeled finely
- 2 cups celery diced finely (leaves included)
- 1 loaf top diced french
- 0.5 cup flour all-purpose
- 0.3 cup parsley leaves fresh chopped

- 2 teaspoons rosemary fresh chopped
- 0.3 teaspoon ground sage
- 0.5 teaspoon ground thyme
- 12 servings kosher salt
- 4 cups chicken broth low-sodium plus more if needed
- 0.5 cup milk
- 1 large onion diced
- 1 teaspoon salt
- 0.3 cup shortening
- 0.1 teaspoon turmeric
- 1 eggs whole
- 1 cup cornmeal yellow

Equipment

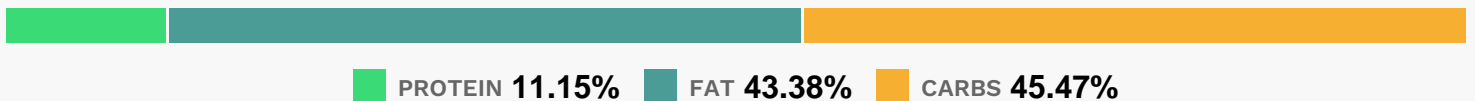
- frying pan
- baking sheet
- ladle
- oven
- whisk
- mixing bowl
- baking pan
- spatula
- dutch oven

Directions

- Spread the Skillet Cornbread and French bread cubes out on 2 baking sheets and let them dry for about 24 hours until totally crisp. Once dry, transfer the cubes to a large mixing bowl and toss to mix them up a bit.
- Preheat the oven to 350 degrees F.

- Warm up a large skillet or Dutch oven over medium heat and add the butter. When it's melted, add the celery, carrots and onions, and cook for a few minutes until the onions are almost translucent, about 6 minutes.
- Add the chicken broth and bring to a boil. Reduce the heat to low and add the rosemary, thyme, sage and turmeric. Gradually ladle the broth mixture into the bread, tossing lightly as you go. Keep gradually adding the broth mixture, tasting as you go and adding more seasoning and herbs if needed.
- Add salt carefully. You don't want to over salt your stuffing. If the mixture is not quite moist enough, add a bit more chicken broth and stir. Stir in the fresh parsley.
- Place the dressing in a rectangular baking dish and bake until golden brown on top, 20 to 25 minutes.
- Preheat the oven to 450 degrees F.
- Melt 2 tablespoons of the shortening in a cast-iron skillet. In a large mixing bowl, combine the cornmeal, flour, baking powder, salt and baking soda. In a separate bowl, whisk together the buttermilk, milk and egg until fully combined. Slowly incorporate the wet ingredients into the dry, stirring until well combined. Melt the remaining 1/4 cup melted shortening and add to the batter, stirring constantly.
- Pour into the hot skillet, smoothing the surface with a spatula.
- Place in the oven and bake until golden brown on top, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:48.15, Glycemic Load:23.38, Inflammation Score:-9, Nutrition Score:13.40565205657%

Flavonoids

Apigenin: 3.17mg, Apigenin: 3.17mg, Apigenin: 3.17mg, Apigenin: 3.17mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 314.83kcal (15.74%), Fat: 15.43g (23.75%), Saturated Fat: 7.07g (44.22%), Carbohydrates: 36.4g (12.13%), Net Carbohydrates: 33.45g (12.16%), Sugar: 4.6g (5.11%), Cholesterol: 37.31mg (12.44%), Sodium: 876.59mg (38.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.93g (17.85%), Vitamin A: 2186.36IU (43.73%), Vitamin K: 30.89µg (29.41%), Vitamin B1: 0.35mg (23.5%), Selenium: 14.39µg (20.56%), Vitamin B3: 3.54mg (17.71%), Manganese: 0.35mg (17.68%), Folate: 70.45µg (17.61%), Vitamin B2: 0.29mg (17.22%), Phosphorus: 164.84mg (16.48%), Iron: 2.52mg (14.03%), Calcium: 136.52mg (13.65%), Fiber: 2.95g (11.81%), Vitamin B6: 0.19mg (9.36%), Magnesium: 36.01mg (9%), Potassium: 307.22mg (8.78%), Copper: 0.16mg (7.81%), Zinc: 1.13mg (7.54%), Vitamin E: 0.79mg (5.26%), Vitamin B5: 0.51mg (5.12%), Vitamin B12: 0.27µg (4.57%), Vitamin C: 3.74mg (4.53%), Vitamin D: 0.45µg (2.97%)