



Cornbread Dressing

READY IN



80 min.

SERVINGS



12

CALORIES



315 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 2 carrots diced finely
- ☐ 4 stalks celery diced finely (leaves included)
- ☐ 1 loaf top french cut into 1-inch cubes (8 cups)
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 large eggs
- ☐ 0.5 cup flour all-purpose

- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 0.3 teaspoon ground sage
- ☐ 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
- ☐ 0.1 teaspoon turmeric
- ☐ 1 stick butter unsalted
- ☐ 0.3 cup vegetable shortening
- ☐ 1 cup cornmeal yellow

Equipment

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

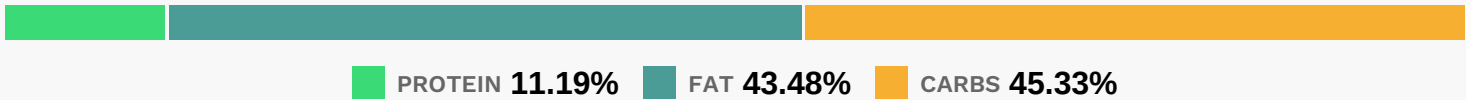
Directions

- ☐ The day before making the stuffing, bake the cornbread: Preheat the oven to 450 degrees F. Melt 2 tablespoons shortening in a 9-inch cast-iron skillet over medium heat. Meanwhile,

combine the cornmeal, flour, baking powder, salt and baking soda in a large mixing bowl. In a separate bowl, whisk the buttermilk, milk and egg until combined. Slowly incorporate the wet ingredients into the dry, stirring until combined. Melt the remaining 1/4 cup shortening in the microwave and add to the batter, stirring constantly.

- ☐ Pour the batter into the hot skillet, smoothing the surface with a rubber spatula.
- ☐ Bake until golden brown, 20 to 25 minutes.
- ☐ Let the cornbread cool in the skillet, then cut into 1-inch cubes.
- ☐ Spread the cornbread and French bread cubes on 2 baking sheets and let dry at room temperature, uncovered, until totally crisp, about 24 hours.
- ☐ Transfer to a large bowl and toss to mix them up a bit.
- ☐ Make the stuffing: Preheat the oven to 350 degrees F. Melt the butter in a large skillet or Dutch oven over medium heat.
- ☐ Add the celery, carrots and onion and cook until the onion is 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 bowl with the bread, tossing gently. Taste as you go and add salt carefully. If the mixture is not moist enough, add a bit more chicken broth. Stir in the parsley.
- ☐ Transfer the mixture to a 9-by-13-inch baking dish.
- ☐ Bake until golden brown, 20 to 25 minutes.
- ☐ Let rest 10 minutes before serving.
- ☐ Photograph by Linda Pugliese

Nutrition Facts



Properties

Glycemic Index:43.99, Glycemic Load:23.36, Inflammation Score:-9, Nutrition Score:13.351739219997%

Flavonoids

Apigenin: 3.07mg, Apigenin: 3.07mg, Apigenin: 3.07mg, Apigenin: 3.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg,

Isorhamnetin: 0.63mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg
Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.61mg, Quercetin: 2.61mg,
Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 315.05kcal (15.75%), Fat: 15.48g (23.81%), Saturated Fat: 7.09g (44.29%), Carbohydrates: 36.3g (12.1%),
Net Carbohydrates: 33.41g (12.15%), Sugar: 4.55g (5.06%), Cholesterol: 39.17mg (13.06%), Sodium: 814.98mg
(35.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.96g (17.93%), Vitamin A: 2173.35IU (43.47%),
Vitamin K: 29.86µg (28.44%), Vitamin B1: 0.35mg (23.47%), Selenium: 14.53µg (20.76%), Vitamin B3: 3.53mg
(17.66%), Manganese: 0.35mg (17.53%), Folate: 69.43µg (17.36%), Vitamin B2: 0.29mg (17.24%), Phosphorus:
164.99mg (16.5%), Iron: 2.53mg (14.04%), Calcium: 135.4mg (13.54%), Fiber: 2.9g (11.58%), Vitamin B6: 0.19mg
(9.28%), Magnesium: 35.68mg (8.92%), Potassium: 298.81mg (8.54%), Copper: 0.16mg (7.84%), Zinc: 1.13mg
(7.56%), Vitamin E: 0.78mg (5.23%), Vitamin B5: 0.51mg (5.11%), Vitamin B12: 0.28µg (4.64%), Vitamin C: 3.63mg
(4.4%), Vitamin D: 0.6µg (3.98%)