



Cornbread Dressing

READY IN



45 min.

SERVINGS



18

CALORIES



357 kcal

SIDE DISH

Ingredients

- ☐ 3 cups breadcrumbs white soft
- ☐ 1 cup butter divided
- ☐ 3 cups buttermilk
- ☐ 4 rib celery stalks diced
- ☐ 7 cups chicken broth
- ☐ 3 cups self-rising corn meal mix white
- ☐ 7 large eggs divided
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup parsley fresh finely chopped

- ☐ 0.3 cup sage fresh finely chopped
- ☐ 1 tablespoon pepper
- ☐ 2 large onion diced sweet

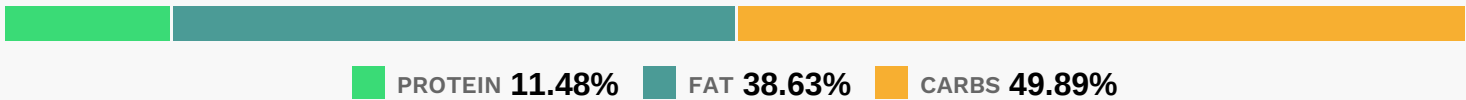
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Place 1/2 cup butter in a 13- x 9-inch pan; heat in oven at 425 for 4 minutes.
- ☐ Stir together cornmeal and flour; whisk in 3 eggs and buttermilk.
- ☐ Pour hot butter into batter, and stir until blended.
- ☐ Pour batter into pan.
- ☐ Bake at 425 for 30 minutes or until golden brown. Cool. Crumble cornbread into a large bowl; stir in breadcrumbs, and set aside.
- ☐ Melt remaining 1/2 cup butter in a skillet over medium heat; add onions and celery, and saut 5 minutes. Stir in sage, parsley, and seasoned pepper; saut 1 minute.
- ☐ Remove from heat, and stir into cornbread mixture.
- ☐ Whisk together chicken broth and remaining 4 eggs; stir into cornbread mixture.
- ☐ Pour evenly into 1 lightly greased 13- x 9-inch pan and 1 lightly greased 8-inch square pan.
- ☐ Bake at 400 for 35 to 40 minutes or until golden brown.
- ☐ Note: For testing purposes only, we used White Lily Self-Rising Buttermilk Cornmeal
- ☐ Mix.

Nutrition Facts



Properties

Glycemic Index:11.22, Glycemic Load:4.49, Inflammation Score:-7, Nutrition Score:15.993912883427%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg

Nutrients (% of daily need)

Calories: 356.94kcal (17.85%), Fat: 15.4g (23.7%), Saturated Fat: 3.84g (23.99%), Carbohydrates: 44.75g (14.92%), Net Carbohydrates: 41.51g (15.09%), Sugar: 5.41g (6.01%), Cholesterol: 78.56mg (26.19%), Sodium: 1036.86mg (45.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.3g (20.6%), Copper: 0.71mg (35.3%), Vitamin B1: 0.49mg (32.96%), Folate: 127.9µg (31.97%), Phosphorus: 311.77mg (31.18%), Vitamin B2: 0.45mg (26.76%), Manganese: 0.5mg (24.9%), Selenium: 14.91µg (21.3%), Calcium: 194.28mg (19.43%), Iron: 3.21mg (17.84%), Vitamin B3: 3.4mg (16.98%), Vitamin A: 778.63IU (15.57%), Vitamin K: 15.77µg (15.02%), Fiber: 3.24g (12.97%), Vitamin B6: 0.23mg (11.61%), Magnesium: 36.82mg (9.21%), Zinc: 1.23mg (8.23%), Vitamin B5: 0.75mg (7.52%), Vitamin B12: 0.45µg (7.52%), Potassium: 258.1mg (7.37%), Vitamin D: 0.91µg (6.06%), Vitamin E: 0.7mg (4.64%), Vitamin C: 2.91mg (3.52%)