



Cornbread Dressing

READY IN



45 min.

SERVINGS



18

CALORIES



367 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 3 cups breadcrumbs soft
- ☐ 1 cup butter divided
- ☐ 3 cups buttermilk
- ☐ 3 cups celery diced
- ☐ 63 ounce chicken broth undiluted canned
- ☐ 7 large eggs divided
- ☐ 1 cup flour all-purpose

- ☐ 0.5 cup sage fresh finely chopped
- ☐ 2 cups onion diced
- ☐ 1 tablespoon pepper
- ☐ 1.5 teaspoons salt
- ☐ 2 tablespoons sugar
- ☐ 3 cups cornmeal white

Equipment

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

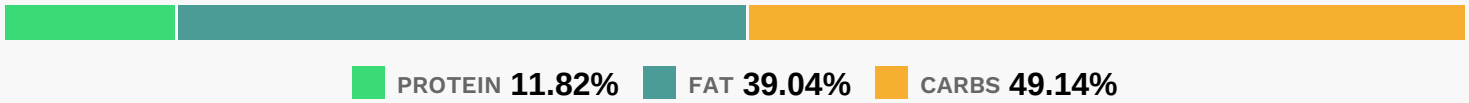
Directions

- ☐ Place 1/2 cup butter in a 13- x 9-inch pan; heat in oven at 425 for 4 minutes.
- ☐ Combine cornmeal and next 5 ingredients; whisk in 3 eggs and buttermilk.
- ☐ Pour hot butter into batter, stirring 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 large skillet over medium heat; add onions and celery, and saute until tender. Stir in sage, and saute 1 more minute.
- ☐ Stir vegetables, remaining 4 eggs, chicken broth, and pepper into cornbread mixture; pour evenly into 1 lightly greased 13- x 9-inch baking dish and 1 lightly greased 8-inch square baking dish. Cover and chill 8 hours.
- ☐ Bake, uncovered, at 375 for 35 to 40 minutes or until golden brown.
- ☐ *1 tablespoon dried rubbed sage may be substituted for fresh sage.
- ☐ Andouille Sausage, Apple, and Pecan Dressing: Brown 3/4 pound diced andouille sausage in a skillet over medium heat; drain.

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Add sausage; 2 Granny Smith apples, chopped; and 2 cups chopped toasted pecans to dressing. Proceed as directed, baking 40 to 45 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:19.95, Glycemic Load:5.96, Inflammation Score:-7, Nutrition Score:15.665217409963%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg

Nutrients (% of daily need)

Calories: 367.28kcal (18.36%), Fat: 15.97g (24.57%), Saturated Fat: 3.97g (24.81%), Carbohydrates: 45.23g (15.08%), Net Carbohydrates: 40.79g (14.83%), Sugar: 6.28g (6.98%), Cholesterol: 78.72mg (26.24%), Sodium: 1005.59mg (43.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.88g (21.75%), Copper: 1.26mg (63.18%), Manganese: 0.56mg (27.8%), Vitamin B1: 0.37mg (24.84%), Vitamin B2: 0.38mg (22.34%), Selenium: 14.92µg (21.31%), Phosphorus: 210.36mg (21.04%), Fiber: 4.44g (17.74%), Iron: 2.81mg (15.63%), Folate: 61.21µg (15.3%), Calcium: 142.45mg (14.25%), Vitamin A: 701.84IU (14.04%), Magnesium: 55.03mg (13.76%), Vitamin B3: 2.7mg (13.48%), Vitamin B5: 1.33mg (13.27%), Vitamin B6: 0.26mg (13.13%), Zinc: 1.7mg (11.36%), Potassium: 339.94mg (9.71%), Vitamin B12: 0.45µg (7.54%), Vitamin K: 7.04µg (6.71%), Vitamin D: 0.91µg (6.06%), Vitamin E: 0.83mg (5.55%), Vitamin C: 1.86mg (2.26%)