



Cornbread Dressing

READY IN



45 min.

SERVINGS



10

CALORIES



1287 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 4 pounds diestel breakfast sausage hot
- ☐ 84 ounce chicken broth canned
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 bell pepper green seeded chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 cups milk
- ☐ 1 large onion chopped

- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 0.5 cup vegetable oil
- ☐ 2 cups cornmeal yellow

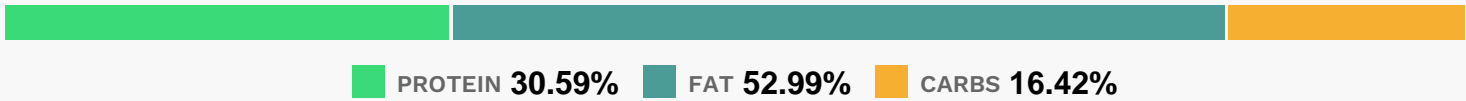
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Combine first 5 ingredients in a large bowl. Stir in milk, eggs, and oil.
- ☐ Pour batter into a lightly greased 13- x 9-inch pan and bake at 425 for 20 to 25 minutes or until golden.
- ☐ Let cool in pan; finely crumble into a very large bowl.
- ☐ Brown sausage in a large skillet, in batches if necessary, stirring until it crumbles and is no longer pink; drain, reserving 3 tablespoons drippings. Return reserved drippings and sausage to skillet, and stir in onion and next 2 ingredients. Cook over medium heat 7 minutes or until tender, stirring often.
- ☐ Add sausage and vegetables to cornbread in bowl, and stir well.
- ☐ Pour chicken broth over cornbread mixture; stir well. (
- ☐ Mixture will be wet.)
- ☐ Spoon dressing into a lightly greased roasting pan.
- ☐ Bake, uncovered, at 350 for 1 hour or until set and browned.

Nutrition Facts



Properties

Glycemic Index:44.06, Glycemic Load:31.13, Inflammation Score:-7, Nutrition Score:37.317825939344%

Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 1287.05kcal (64.35%), Fat: 74.28g (114.28%), Saturated Fat: 23.25g (145.34%), Carbohydrates: 51.78g (17.26%), Net Carbohydrates: 47.64g (17.32%), Sugar: 6.27g (6.96%), Cholesterol: 292.76mg (97.59%), Sodium: 2824.21mg (122.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 96.47g (192.95%), Phosphorus: 836.31mg (83.63%), Selenium: 58.29µg (83.28%), Vitamin B3: 16.65mg (83.23%), Zinc: 11.42mg (76.15%), Vitamin B12: 4.28µg (71.27%), Vitamin B6: 1.3mg (64.92%), Vitamin B1: 0.84mg (55.71%), Vitamin B2: 0.73mg (43.16%), Iron: 7.74mg (42.99%), Potassium: 1074.26mg (30.69%), Magnesium: 120.61mg (30.15%), Calcium: 266.82mg (26.68%), Vitamin D: 3.33µg (22.22%), Manganese: 0.42mg (21.17%), Vitamin B5: 1.88mg (18.82%), Copper: 0.37mg (18.69%), Folate: 71.91µg (17.98%), Fiber: 4.13g (16.53%), Vitamin A: 745.37IU (14.91%), Vitamin C: 11.97mg (14.51%), Vitamin K: 11.49µg (10.94%), Vitamin E: 1.6mg (10.68%)