



Cornbread Dressing Croquettes

READY IN



45 min.

SERVINGS



48

CALORIES



117 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 3 cups breadcrumbs with 6 slices pepperidge farm white sandwich bread soft
- ☐ 1 cup butter divided
- ☐ 3 cups buttermilk
- ☐ 3 cups celery diced
- ☐ 21 ounce condensed chicken broth undiluted canned
- ☐ 7 large eggs
- ☐ 1 cup flour all-purpose

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

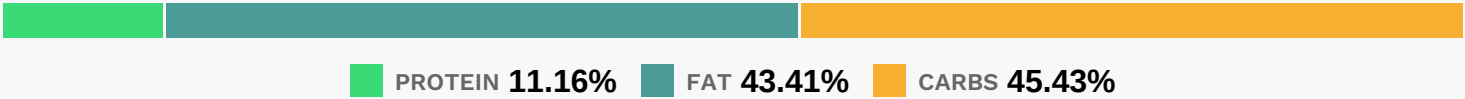
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ ice cream scoop

Directions

- ☐ Place 1/2 cup butter in a 13" x 9" 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, uncovered, 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 onion and celery, and saut until tender. Stir in sage; saut 1 minute. Stir vegetables, remaining 4 eggs, chicken broth, and pepper into cornbread mixture. Shape unbaked dressing into croquettes, using a 1/4 cup ice cream scoop.
- ☐ Place croquettes on lightly greased baking sheets, making sure not to crowd them on the sheets.
- ☐ Bake at 400 for 30 minutes or until well browned (and internal temperature reaches 160). Cool on baking sheets 10 minutes.

Nutrition Facts



Properties

Glycemic Index:9.04, Glycemic Load:3.22, Inflammation Score:-3, Nutrition Score:4.9560869206553%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 117.17kcal (5.86%), Fat: 5.68g (8.74%), Saturated Fat: 1.43g (8.92%), Carbohydrates: 13.38g (4.46%), Net Carbohydrates: 11.95g (4.35%), Sugar: 1.98g (2.2%), Cholesterol: 29.02mg (9.67%), Sodium: 249.07mg (10.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.57%), Copper: 0.46mg (22.82%), Manganese: 0.15mg (7.58%), Phosphorus: 69.93mg (6.99%), Selenium: 4.45µg (6.35%), Vitamin B2: 0.11mg (6.31%), Fiber: 1.42g (5.7%), Vitamin B1: 0.08mg (5.57%), Vitamin A: 262.72IU (5.25%), Vitamin B5: 0.47mg (4.73%), Folate: 18.85µg (4.71%), Vitamin B6: 0.09mg (4.65%), Calcium: 46.01mg (4.6%), Magnesium: 18.25mg (4.56%), Iron: 0.81mg (4.48%), Zinc: 0.55mg (3.66%), Potassium: 113.07mg (3.23%), Vitamin B3: 0.64mg (3.21%), Vitamin B12: 0.14µg (2.35%), Vitamin D: 0.34µg (2.27%), Vitamin K: 2.2µg (2.1%), Vitamin E: 0.3mg (2.02%)