



Cornbread Dressing with Bacon and Pecans

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



720 kcal

SIDE DISH

Ingredients

- 6 slices bacon
- 6 cups torn day-old bread (6 slices)
- 4 rib celery finely chopped
- 3 cups chicken broth
- 10 servings buttery cornbread
- 1 large eggs lightly beaten
- 2 tablespoons brown sugar light
- 1 large onion finely chopped

- 0.7 cup pecans toasted chopped
- 0.5 teaspoon pepper freshly ground
- 1 tablespoon teaspoon rubbed sage fresh chopped
- 1 teaspoon salt

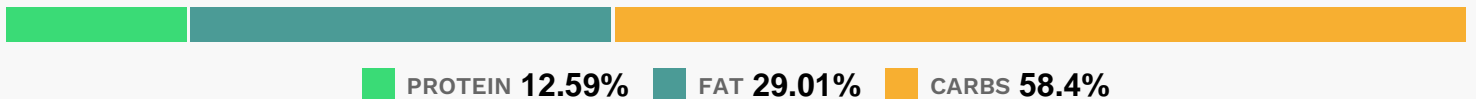
Equipment

- bowl
- frying pan
- paper towels
- oven
- baking pan

Directions

- Prepare Buttery Cornbread; cool and crumble. Set aside.
- Cook bacon in a large skillet until crisp; remove bacon, drain on paper towels, reserving drippings in skillet. Crumble bacon, and set aside. Saut celery and onion in bacon drippings in skillet 10 minutes or until tender.
- Combine crumbled cornbread, bacon, sauted onion mixture, bread, and remaining ingredients in a large bowl; stir well. Spoon dressing into a 13" x 9" baking dish.
- Bake, uncovered, at 375 for 45 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:15.97, Glycemic Load:36.58, Inflammation Score:-6, Nutrition Score:27.047826155372%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin

3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 719.64kcal (35.98%), Fat: 23.32g (35.87%), Saturated Fat: 5.62g (35.12%), Carbohydrates: 105.61g (35.2%), Net Carbohydrates: 97.48g (35.45%), Sugar: 21.32g (23.69%), Cholesterol: 62.92mg (20.97%), Sodium: 1621.06mg (70.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.76g (45.52%), Manganese: 2.23mg (111.42%), Selenium: 50.97µg (72.81%), Vitamin B1: 0.81mg (53.81%), Vitamin B3: 9.94mg (49.72%), Phosphorus: 474.46mg (47.45%), Folate: 161.19µg (40.3%), Iron: 6.71mg (37.29%), Vitamin B2: 0.55mg (32.5%), Fiber: 8.12g (32.49%), Calcium: 279.3mg (27.93%), Magnesium: 82.88mg (20.72%), Copper: 0.37mg (18.55%), Vitamin B5: 1.75mg (17.55%), Zinc: 2.52mg (16.77%), Vitamin B6: 0.29mg (14.62%), Vitamin K: 13.21µg (12.59%), Potassium: 385.12mg (11%), Vitamin E: 0.83mg (5.57%), Vitamin B12: 0.26µg (4.38%), Vitamin A: 154.25IU (3.08%), Vitamin C: 1.61mg (1.95%), Vitamin D: 0.15µg (1.02%)