



Cornbread Dressing with Chorizo and Apples

 Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



414 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup carrots chopped
- ☐ 1.5 cups celery chopped
- ☐ 1.5 cups chicken broth
- ☐ 17 ounce corn muffin mix
- ☐ 2 large eggs lightly beaten
- ☐ 3 cups granny smith apples cored peeled chopped
- ☐ 1 pound sausage fresh italian hot coarsely chopped
- ☐ 2 cups onions chopped

- ☐ 0.3 cup parsley italian chopped
- ☐ 0.8 teaspoon pepper freshly ground
- ☐ 1 teaspoon salt

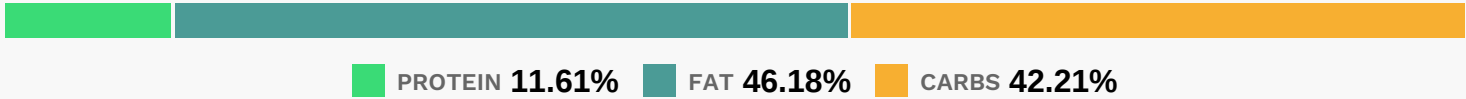
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Bake muffin mix according to package directions in 2 (8-inch square) baking dishes. Cool and cut into 1-inch cubes. Preheat oven to 40
- ☐ Spread cornbread cubes in a single layer onto 2 (15- x 10- x 1-inch) jellyroll pans; bake 10 minutes or until lightly browned.
- ☐ Cook sausage in a large skillet over medium-high heat, stirring often, 5 minutes or until browned.
- ☐ Remove from skillet with a slotted spoon. If less than 3 tablespoons of sausage drippings remains in skillet, add enough butter to make 3 tablespoons of liquid.
- ☐ Add onion, celery, and carrot to skillet, and cook, stirring occasionally, 8 minutes or until softened. Stir in apple, and cook 5 minutes or until beginning to soften. Stir in broth, salt, and pepper.
- ☐ Transfer mixture to a large bowl; stir in sausage, cornbread cubes, eggs, and parsley.
- ☐ Transfer to a 9- x 13-inch greased baking dish.
- ☐ Bake, covered, at 350 for 25 minutes; uncover and bake 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:22.98, Glycemic Load:2.52, Inflammation Score:-9, Nutrition Score:15.627826104993%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 4.74mg, Apigenin: 4.74mg, Apigenin: 4.74mg, Apigenin: 4.74mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg

Nutrients (% of daily need)

Calories: 414.26kcal (20.71%), Fat: 21.28g (32.74%), Saturated Fat: 6.96g (43.48%), Carbohydrates: 43.77g (14.59%), Net Carbohydrates: 38.58g (14.03%), Sugar: 15.92g (17.69%), Cholesterol: 73.34mg (24.45%), Sodium: 1124.4mg (48.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.04g (24.08%), Vitamin K: 42.14µg (40.14%), Vitamin A: 1972.12IU (39.44%), Phosphorus: 343.09mg (34.31%), Vitamin B1: 0.51mg (33.82%), Selenium: 17.4µg (24.86%), Fiber: 5.19g (20.77%), Vitamin B2: 0.31mg (18.15%), Folate: 70.7µg (17.67%), Vitamin B3: 3.41mg (17.06%), Manganese: 0.3mg (15.19%), Vitamin B6: 0.3mg (14.76%), Iron: 2.25mg (12.51%), Vitamin C: 8.74mg (10.6%), Potassium: 359.44mg (10.27%), Vitamin B12: 0.55µg (9.2%), Zinc: 1.38mg (9.17%), Vitamin B5: 0.75mg (7.55%), Magnesium: 28.63mg (7.16%), Calcium: 65.05mg (6.51%), Copper: 0.13mg (6.36%), Vitamin E: 0.39mg (2.61%), Vitamin D: 0.2µg (1.33%)