



## Cornbread Dressing with Pancetta, Apples, and Mushrooms

READY IN



1555 min.

SERVINGS



18

CALORIES



533 kcal

SIDE DISH

### Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 teaspoon baking soda
- 18 servings pepper black freshly ground
- 5 tablespoons brown sugar
- 1 cup buttermilk
- 4 tablespoons canola oil
- 32 fluid ounces very chicken broth low-sodium
- 32 ounces crimini mushrooms white

- 4 cups crusty artisan bread cut into 1-inch cubes
- 0.5 cup flour all-purpose
- 4 cups bread french cut into 1-inch cubes
- 18 servings parsley leaves fresh minced
- 2 teaspoons rosemary leaves fresh minced
- 5 granny smith apples cut into large dice
- 1 teaspoon ground thyme
- 0.8 teaspoon kosher salt divided
- 0.5 cup milk
- 2 cups onion diced
- 0.5 pound pancetta diced
- 1 teaspoon salt
- 0.3 cups shortening melted
- 0.5 teaspoon turmeric
- 1 cup white wine
- 1 eggs whole
- 1 cup cornmeal yellow

## Equipment

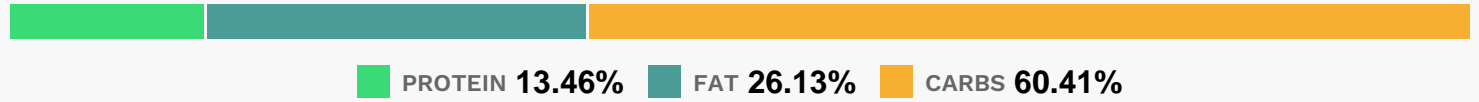
- bowl
- frying pan
- paper towels
- oven
- mixing bowl
- baking pan
- spatula
- muffin tray

## Directions

- Watch how to make this recipe.
- Allow the diced bread to sit out on sheet pans for several hours or overnight, until dried out.
- Preheat the oven to 500 degrees F.
- Wash the mushrooms thoroughly and pat dry with paper towels. Toss in a bowl with the canola oil and sprinkle with 1/2 teaspoon salt; mushrooms will be very coated. Divide the mushrooms between 2 sheet pans and roast in the upper half of the oven for at least 20 minutes, stirring once halfway through roasting.
- Remove from the oven when the mushrooms are deep brown. Set aside.
- Reduce the oven to 375 degrees F.
- In a large skillet, cook the pancetta over medium-high heat until the fat is rendered and pancetta is golden brown.
- Remove from the skillet and set aside. Without cleaning the skillet, add in the onions and brown for 5 minutes. Increase the heat to high and add the apples, brown sugar, and 1/2 teaspoon salt. Cook until deep golden brown, 3 to 5 minutes.
- Decrease the heat to medium and pour in the wine (be careful if you're using an open flame). Stir and cook to reduce the liquid by half, 2 to 3 minutes.
- Pour the apple/onion mixture into a bowl and set aside.
- Return the skillet to medium heat (again, without washing) and add the chicken broth, thyme, turmeric, rosemary, the remaining 1/2 teaspoon salt, and pepper.
- Heat for a few minutes, and then set aside.
- Add the bread to a large bowl, and then add the browned pancetta, mushrooms, and apple/onion mixture (and any juices that might have accumulated). Next, add the broth mixture gradually as you toss the ingredients, being prepared not to use all of the liquid, according to your taste.
- Check the seasonings at the end and add in the minced parsley.
- Pour into a large baking dish or iron skillet and bake until golden brown on top, 20 to 25 minutes. (Or you can stuff the turkey if you're into that kind of thing).
- Preheat the oven to 450 degrees F.
- Heat 2 tablespoons shortening in an iron skillet, muffin pan, or other baking pan.
- Combine the cornmeal, flour, and salt in a mixing bowl. In a separate bowl, combine the buttermilk, milk, and egg.
- Add the baking powder and baking soda. Stir.

- Add the remaining 1/4 cup melted shortening, stirring constantly.
- Pour into the hot pan, smoothing the surface with a spatula.
- Bake until golden brown on top, 20 to 25 minutes.

## Nutrition Facts



### Properties

Glycemic Index:33.81, Glycemic Load:50.63, Inflammation Score:-8, Nutrition Score:26.397826215495%

### Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 3.88mg, Epicatechin: 3.88mg, Epicatechin: 3.88mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

### Nutrients (% of daily need)

Calories: 532.52kcal (26.63%), Fat: 15.46g (23.79%), Saturated Fat: 3.86g (24.12%), Carbohydrates: 80.44g (26.81%), Net Carbohydrates: 75.19g (27.34%), Sugar: 16.34g (18.15%), Cholesterol: 19.69mg (6.56%), Sodium: 1088.08mg (47.31%), Alcohol: 1.37g (100%), Alcohol %: 0.49% (100%), Protein: 17.92g (35.85%), Selenium: 48.95µg (69.92%), Vitamin K: 72.53µg (69.07%), Vitamin B1: 0.92mg (61.06%), Vitamin B2: 0.82mg (47.95%), Vitamin B3: 8.8mg (43.99%), Folate: 164.45µg (41.11%), Manganese: 0.79mg (39.64%), Iron: 5.53mg (30.73%), Phosphorus: 282.05mg (28.2%), Copper: 0.51mg (25.33%), Fiber: 5.25g (20.99%), Potassium: 602.22mg (17.21%), Vitamin B6: 0.33mg (16.44%), Zinc: 2.38mg (15.84%), Magnesium: 61.41mg (15.35%), Calcium: 150.15mg (15.02%), Vitamin B5: 1.46mg (14.58%), Vitamin C: 9.01mg (10.92%), Vitamin A: 418.44IU (8.37%), Vitamin E: 1.2mg (8.02%), Vitamin B12: 0.29µg (4.76%), Vitamin D: 0.4µg (2.65%)