



## Cornbread Dressing with Roasted Fall Vegetables

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



181 kcal

SIDE DISH

### Ingredients

- 6 cups seasoning cubes for dressing
- 1 pound crimini mushrooms stemmed halved (baby bella)
- 2 teaspoons rosemary dried crushed
- 1.5 teaspoons rubbed sage dried
- 2 teaspoons thyme dried
- 3 large eggs beaten to blend
- 6 large garlic clove peeled

- 1.5 cups chicken broth
- 0.7 cup olive oil divided
- 10 ounce pearl onions
- 3 tablespoons butter unsalted melted

## Equipment

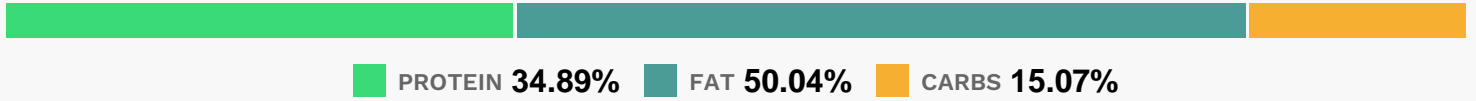
- bowl
- baking sheet
- sauce pan
- oven
- baking pan

## Directions

- Position 1 rack in top third and 1 rack in bottom third of oven; preheat to 425°F. Cook onions in small saucepan of boiling water 2 minutes; drain. Cool slightly; trim and peel.
- Place onions, carrots, parsnips, and rutabagas in single layer on large rimmed baking sheet.
- Drizzle 1/3 cup oil over and sprinkle generously with salt and pepper; toss to coat.
- Place mushrooms and garlic on another rimmed baking sheet; drizzle with remaining 1/3 cup oil, sprinkle with salt and pepper, and toss to coat. Roast root vegetables until tender and brown around edges, stirring every 15 minutes, about 1 hour. Roast mushrooms and garlic until tender, stirring once, about 30 minutes.
- Place root vegetables and mushrooms in large bowl.
- Place garlic in small bowl; mash with fork until pureed.
- Add pureed garlic, thyme, rosemary, and sage to vegetables; toss to coat. Season to taste with salt and pepper. DO AHEAD: Vegetable mixture can be made 1 day ahead. Cool vegetables, cover, and chill. Bring mixture to room temperature before continuing.
- Place cornbread cubes on large rimmed baking sheet.
- Let bread cubes stand at room temperature to dry slightly, about 1 hour.
- Preheat oven to 375°F. Butter 13x9x2- inch oval baking dish.
- Add cornbread cubes to vegetables; toss to distribute evenly.

- Add eggs; toss to coat.
- Drizzle with melted butter; toss to coat.
- Add broth and stir to combine (mixture will be very moist).
- Transfer mixture to prepared dish.
- Bake dressing uncovered until lightly browned and crisp around edges, about 45 minutes.

## Nutrition Facts



### Properties

Glycemic Index:12.7, Glycemic Load:0.76, Inflammation Score:-4, Nutrition Score:7.3008695581685%

### Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

### Nutrients (% of daily need)

Calories: 180.64kcal (9.03%), Fat: 10.47g (16.11%), Saturated Fat: 3.12g (19.47%), Carbohydrates: 7.1g (2.37%), Net Carbohydrates: 6.22g (2.26%), Sugar: 3.33g (3.69%), Cholesterol: 101.47mg (33.82%), Sodium: 928.36mg (40.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.42g (32.85%), Selenium: 16.85µg (24.07%), Vitamin B2: 0.31mg (18.44%), Copper: 0.27mg (13.74%), Vitamin B3: 2.28mg (11.39%), Phosphorus: 107.16mg (10.72%), Vitamin B5: 0.96mg (9.61%), Potassium: 305.98mg (8.74%), Manganese: 0.15mg (7.6%), Iron: 1.32mg (7.35%), Vitamin B6: 0.14mg (6.86%), Folate: 24.61µg (6.15%), Vitamin K: 5.9µg (5.62%), Zinc: 0.81mg (5.43%), Vitamin E: 0.7mg (4.65%), Vitamin B1: 0.07mg (4.48%), Vitamin A: 195.8IU (3.92%), Vitamin B12: 0.22µg (3.69%), Fiber: 0.88g (3.52%), Vitamin C: 2.78mg (3.37%), Calcium: 33.08mg (3.31%), Vitamin D: 0.41µg (2.72%), Magnesium: 10.15mg (2.54%)