



Cornbread Dressing with Smoked Bacon and Pecans

READY IN



110 min.

SERVINGS



8

CALORIES



833 kcal

SIDE DISH

Ingredients

- ☐ 4 ounces applewood-smoked bacon cut into 1/4-inch pieces
- ☐ 6 tablespoons butter melted
- ☐ 1 cup carrots diced
- ☐ 1 cup celery diced
- ☐ 0.8 cup chicken broth
- ☐ 6.5 cups classic cornbread crumbled
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 2 teaspoons marjoram fresh chopped

- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 4 green onions chopped
- ☐ 1 cup onions diced
- ☐ 0.5 cup pecan halves
- ☐ 0.5 teaspoon pepper
- ☐ 0.8 teaspoon salt

Equipment

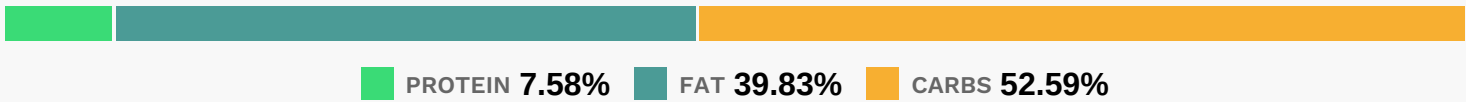
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ grill
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Preheat oven to 32
- ☐ Bake pecans in a single layer in a shallow pan 10 minutes or until toasted and fragrant, stirring halfway through.
- ☐ Remove from oven. Increase oven temperature to 37
- ☐ Cook bacon in a Dutch oven over medium heat 5 to 6 minutes. (Do not crisp.)
- ☐ Remove bacon, and drain on paper towels, reserving drippings in Dutch oven. Saut diced onion and next 2 ingredients in hot drippings 8 minutes or until tender. Stir in green onions; saut 1 minute.
- ☐ Remove from heat.
- ☐ Add bacon, cornbread, and next 3 ingredients. Stir together melted butter and broth, and stir into cornbread mixture.
- ☐ Add salt and pepper. Fold in pecans. Spoon dressing into a buttered, shallow 2-qt. baking dish; cover with aluminum foil.

- ☐ Bake, covered, at 375 for 25 minutes.
- ☐ Remove from oven, and uncover.
- ☐ Transfer oven rack to highest position.
- ☐ Bake dressing, uncovered, 12 minutes or until top is crusty.
- ☐ Recipe brought to the table by chef Frank Stitt of Highlands Bar and Grill in Birmingham, Alabama.

Nutrition Facts



Properties

Glycemic Index:42.35, Glycemic Load:1.15, Inflammation Score:-10, Nutrition Score:24.959565364796%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Apigenin: 4.47mg, Apigenin: 4.47mg, Apigenin: 4.47mg, Apigenin: 4.47mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

Nutrients (% of daily need)

Calories: 832.57kcal (41.63%), Fat: 37.18g (57.2%), Saturated Fat: 14.86g (92.9%), Carbohydrates: 110.45g (36.82%), Net Carbohydrates: 104.12g (37.86%), Sugar: 33.04g (36.71%), Cholesterol: 141.94mg (47.31%), Sodium: 1636.58mg (71.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.92g (31.83%), Phosphorus: 811.04mg (81.1%), Vitamin A: 3565IU (71.3%), Vitamin K: 57.74µg (54.99%), Manganese: 0.82mg (40.81%), Vitamin B1: 0.48mg (31.87%), Folate: 125.76µg (31.44%), Calcium: 292.53mg (29.25%), Selenium: 20.21µg (28.87%), Fiber: 6.33g (25.3%), Vitamin B3: 4.83mg (24.14%), Vitamin B2: 0.4mg (23.74%), Iron: 4.21mg (23.4%), Vitamin B6: 0.28mg (13.87%), Vitamin B5: 1.38mg (13.76%), Potassium: 460.65mg (13.16%), Copper: 0.26mg (12.78%), Magnesium: 50.78mg (12.69%), Zinc: 1.9mg (12.69%), Vitamin E: 1.57mg (10.48%), Vitamin C: 7.53mg (9.13%), Vitamin B12: 0.54µg (8.92%)