



Cornbread, Mushroom, and Wild Rice Dressing

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



526 kcal

Ingredients

- ☐ 0.8 cup celery diced finely
- ☐ 1.5 cups rice wild cooked
- ☐ 4 cups cornbread crumbs
- ☐ 1 tablespoon mustard dry
- ☐ 2 large eggs lightly beaten
- ☐ 1 cup mushrooms wild fresh chopped
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 2 garlic cloves minced

- ☐ 4 ounces pancetta thinly sliced chopped
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 2.3 cups vegetable broth
- ☐ 2 cups button mushrooms white sliced
- ☐ 1 cup onion diced white finely

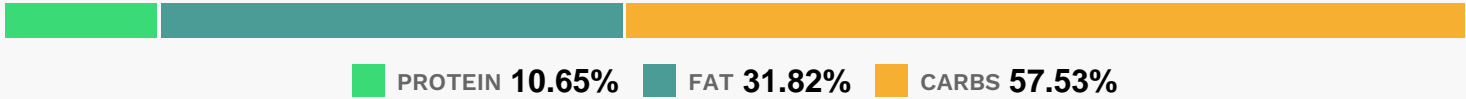
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400
- ☐ Cook chopped pancetta in a large saut pan over medium-high heat 7 minutes or until crisp (most of fat is rendered). Reduce heat to medium.
- ☐ Add onion, celery, and garlic, and saut 8 minutes or until vegetables begin to soften; transfer to a large mixing bowl, and let cool 10 minutes. Stir in remaining ingredients.
- ☐ Spoon mixture into a lightly greased 9-inch square baking pan.
- ☐ Bake, covered with foil, at 400 for 20 minutes. Uncover, and bake 25 to 30 minutes or until browned.
- ☐ Let stand 10 minutes before serving.
- ☐ *If pancetta (Italian bacon that's cured with salt and spices but not smoked) is unavailable, substitute uncured bacon or ham. You can also use olive oil or butter, but they slightly alter the flavor.
- ☐ **Fantastic fresh wild mushrooms have become much easier to get. But if they're unavailable, try dried mushrooms for great flavor. The liquid they produce also tastes terrific and can be used for broth, soups, and sauces. (If using dried mushrooms, rehydrate in 2 1/2 cups warm water; strain and reserve liquid to use as broth. Chop after rehydrating.)

Nutrition Facts



Properties

Glycemic Index:34.38, Glycemic Load:1.22, Inflammation Score:-8, Nutrition Score:16.678695865299%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 525.72kcal (26.29%), Fat: 18.75g (28.85%), Saturated Fat: 6.76g (42.24%), Carbohydrates: 76.26g (25.42%), Net Carbohydrates: 71.86g (26.13%), Sugar: 21.51g (23.91%), Cholesterol: 123.28mg (41.09%), Sodium: 1241.33mg (53.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.12g (28.24%), Phosphorus: 581.46mg (58.15%), Selenium: 22.64µg (32.35%), Vitamin B2: 0.47mg (27.37%), Vitamin B3: 4.76mg (23.79%), Manganese: 0.47mg (23.61%), Folate: 94.12µg (23.53%), Vitamin B1: 0.33mg (22.29%), Calcium: 185.67mg (18.57%), Fiber: 4.4g (17.61%), Iron: 3.15mg (17.5%), Vitamin B5: 1.61mg (16.07%), Vitamin B6: 0.29mg (14.28%), Copper: 0.28mg (13.93%), Zinc: 1.85mg (12.31%), Potassium: 418.49mg (11.96%), Magnesium: 44.47mg (11.12%), Vitamin A: 496.32IU (9.93%), Vitamin B12: 0.47µg (7.81%), Vitamin K: 7.69µg (7.32%), Vitamin E: 0.95mg (6.32%), Vitamin C: 4.34mg (5.27%), Vitamin D: 0.38µg (2.52%)