



Cornbread, Pecan, and Salt Pork–Stuffed Onions

READY IN



75 min.

SERVINGS



12

CALORIES



961 kcal

SIDE DISH

Ingredients

- 9 cups cornbread crumbled
- 2 tablespoons cloves minced (from 3 medium cloves)
- 2 tablespoons jalapeno minced
- 1.5 cups chicken broth low-sodium
- 2 cups pecans coarsely chopped
- 1 cup salt pork
- 1.5 tablespoons butter unsalted cut into small pieces
- 6 large onion yellow

Equipment

- frying pan
- oven
- pot
- loaf pan
- baking pan
- dutch oven

Directions

- Heat the oven to 350°F and arrange a rack in the middle. Slice bottoms (the root end) off onions in order to stabilize them. (Be careful not to cut a hole through the base.) Slice off top third of onions and discard. Peel onions. Use a teaspoon to hollow out the onions, removing about 3/4 of the inside and leaving 2 to 3 outer layers intact. Scrape the inside of the onions as you would when making a jack-o'-lantern, so that the onion shells are an even thickness throughout. (Reserve the center of the onions for another use.)
- Place onion shells in a 13-by-9-inch baking dish, dot with butter, and season well with freshly ground black pepper, salt, and cayenne pepper.
- Add 1/2 cup of the chicken broth and place in the oven to braise, basting occasionally by spooning the liquid over the onions, until completely tender, about 40 minutes. (If making ahead, remove the onions from the baking dish, drain off liquid, cover, and refrigerate until ready to use.) Set onions aside. Meanwhile, make the stuffing: Bring a small pot of water to a boil over high heat, add salt pork, blanch for 2 minutes, drain well, and set aside.
- Heat a large Dutch oven or a large, heavy-bottomed pot with a tightfitting lid over medium heat until hot.
- Add blanched pork and cook until golden brown, about 5 minutes. Stir in garlic and jalapeño and cook until golden brown, about 3 minutes.
- Add pecans and toast until browned; stir in cornbread and cook another 5 minutes or until completely warmed. Season with freshly ground black pepper and add remaining chicken broth.
- Remove the pan from heat and mix well. Divide stuffing among braised onions (fill them completely) and bake until heated through, about 10 minutes. (

Place remaining stuffing in a buttered loaf pan and bake alongside onions until thoroughly heated.)

Nutrition Facts

PROTEIN 6.63% **FAT 49.44%** **CARBS 43.93%**

Properties

Glycemic Index:5.75, Glycemic Load:1.65, Inflammation Score:-7, Nutrition Score:22.163478138654%

Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.35mg, Quercetin: 15.35mg, Quercetin: 15.35mg, Quercetin: 15.35mg

Nutrients (% of daily need)

Calories: 960.87kcal (48.04%), Fat: 53.43g (82.2%), Saturated Fat: 16.97g (106.05%), Carbohydrates: 106.85g (35.62%), Net Carbohydrates: 99.67g (36.24%), Sugar: 32.38g (35.98%), Cholesterol: 129.27mg (43.09%), Sodium: 1836.84mg (79.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.12g (32.24%), Phosphorus: 786.42mg (78.64%), Manganese: 1.54mg (76.89%), Vitamin B1: 0.54mg (36.22%), Folate: 116.61µg (29.15%), Fiber: 7.18g (28.72%), Calcium: 275.11mg (27.51%), Selenium: 18.15µg (25.92%), Vitamin B3: 4.73mg (23.66%), Iron: 4.11mg (22.83%), Vitamin B2: 0.38mg (22.46%), Copper: 0.39mg (19.46%), Zinc: 2.37mg (15.77%), Vitamin B6: 0.31mg (15.68%), Magnesium: 61.61mg (15.4%), Potassium: 468.94mg (13.4%), Vitamin B5: 1.33mg (13.34%), Vitamin C: 8.87mg (10.76%), Vitamin E: 1.33mg (8.83%), Vitamin B12: 0.52µg (8.71%), Vitamin K: 8.74µg (8.32%), Vitamin A: 376.77IU (7.54%)