



Cornbread-Pecan Dressing

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



17

CALORIES



149 kcal

Ingredients

- 2 tablespoons butter
- 1 cup celery chopped
- 6 ounces ham cooked cut into 1/4-inch dice
- 1 lb corn kernels frozen
- 7 cups cubes cornbread (see notes)
- 0.5 cup fat-skimmed chicken broth
- 1 tablespoon sage leaves dried fresh chopped
- 1 bags mustard greens frozen thawed chopped (see notes)
- 12 oz onion peeled chopped

- 1 cup pecans coarsely chopped
- 17 servings salt and pepper

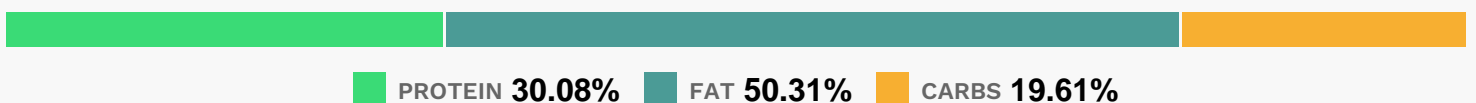
Equipment

- frying pan
- oven
- baking pan
- roasting pan
- pie form

Directions

- Spread cornbread cubes in a 12- by 17-inch roasting pan.
- Bake in a 350 regular or convection oven, stirring occasionally, until edges begin to brown, 25 to 35 minutes.
- Spread pecans in a 9-inch pie pan and bake in same oven until lightly browned, about 10 minutes.
- In a 5- to 6-quart pan over medium-high heat, melt butter; add ham, onion, and celery and stir often until onion begins to brown, 7 to 10 minutes.
- Squeeze excess liquid from mustard greens. Stir greens, corn, and sage into ham mixture.
- Mix in cornbread and enough broth to moisten lightly. Stir in pecans.
- Spoon dressing into a shallow 3-quart baking dish and cover tightly.
- Bake in a 325 regular or convection oven (350 if baking with a turkey at that temperature) until hot in the center, 15 to 25 minutes. Uncover and bake until top is lightly browned, 15 to 25 minutes longer.
- Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:5.94, Glycemic Load:0.47, Inflammation Score:-2, Nutrition Score:4.4091304955275%

Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 148.72kcal (7.44%), Fat: 8.76g (13.48%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 7.69g (2.56%), Net Carbohydrates: 6.05g (2.2%), Sugar: 3.22g (3.57%), Cholesterol: 32.45mg (10.82%), Sodium: 1024.38mg (44.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.79g (23.58%), Manganese: 0.36mg (18.03%), Vitamin B1: 0.12mg (7.82%), Phosphorus: 67.73mg (6.77%), Fiber: 1.63g (6.53%), Vitamin C: 4.58mg (5.55%), Copper: 0.11mg (5.47%), Folate: 17.94µg (4.48%), Zinc: 0.65mg (4.32%), Magnesium: 16.63mg (4.16%), Vitamin B6: 0.08mg (4.09%), Vitamin K: 4.21µg (4.01%), Iron: 0.72mg (4%), Potassium: 138.51mg (3.96%), Vitamin B2: 0.07mg (3.95%), Vitamin B3: 0.78mg (3.92%), Selenium: 2.66µg (3.8%), Vitamin B5: 0.29mg (2.86%), Vitamin B12: 0.16µg (2.6%), Vitamin A: 110.31IU (2.21%), Calcium: 15.76mg (1.58%), Vitamin E: 0.19mg (1.3%)