



Cornbread, Sausage, and Dried Fruit Dressing

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



541 kcal

Ingredients

- ☐ 1 pound bulk pork sausage
- ☐ 0.3 lb butter melted
- ☐ 2 cups celery chopped
- ☐ 0.8 cup chicken broth
- ☐ 7 cups cornbread crumbled
- ☐ 1 cup apricots dried chopped
- ☐ 1 cup cranberries dried
- ☐ 2 large eggs beaten to blend
- ☐ 1 tablespoon sage leaves or dried fresh chopped

- ☐ 2 cups onions chopped
- ☐ 16 servings salt and pepper

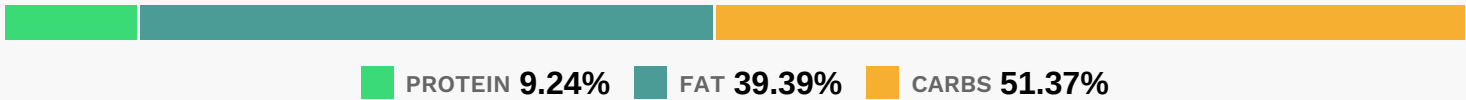
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Crumble the sausage into a 10- to 12-inch frying pan over medium-high heat. Stir often until sausage is lightly browned, about 5 minutes. Using a slotted spoon, transfer sausage to a large bowl.
- ☐ Discard all but 2 tablespoons fat in pan.
- ☐ Add onions to pan and stir often until limp, about 5 minutes.
- ☐ Add onions to sausage.
- ☐ Add celery, cornbread, apricots, cranberries, eggs, sage, and butter and stir to mix well, adding just enough broth to lightly moisten dressing.
- ☐ Spoon dressing into a shallow 2 1/2- to 3-quart casserole and cover.
- ☐ Bake in a 325 oven until hot, about 25 minutes (if chilled, 50 to 60 minutes). Then uncover and bake until top is lightly browned, 15 to 25 minutes more.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:7.53, Glycemic Load:1.97, Inflammation Score:-6, Nutrition Score:13.395652138669%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 541.39kcal (27.07%), Fat: 23.94g (36.83%), Saturated Fat: 7.77g (48.54%), Carbohydrates: 70.25g (23.42%), Net Carbohydrates: 66.28g (24.1%), Sugar: 27.49g (30.54%), Cholesterol: 102.88mg (34.29%), Sodium: 1122.78mg (48.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.63g (25.26%), Phosphorus: 472.75mg (47.27%), Vitamin B1: 0.3mg (19.68%), Vitamin B3: 3.76mg (18.78%), Folate: 69.72µg (17.43%), Vitamin A: 837.86IU (16.76%), Calcium: 165.34mg (16.53%), Selenium: 11.35µg (16.21%), Vitamin B2: 0.27mg (16.15%), Manganese: 0.32mg (16.02%), Fiber: 3.97g (15.87%), Iron: 2.7mg (14.98%), Vitamin B6: 0.24mg (11.86%), Potassium: 382.92mg (10.94%), Vitamin K: 10.71µg (10.2%), Vitamin B5: 1.01mg (10.07%), Zinc: 1.49mg (9.95%), Vitamin E: 1.43mg (9.53%), Vitamin B12: 0.54µg (9.07%), Magnesium: 29.47mg (7.37%), Copper: 0.15mg (7.32%), Vitamin D: 0.49µg (3.29%), Vitamin C: 2.32mg (2.82%)