



Cornbread, Sausage, and Herb Stuffing

READY IN



52 min.

SERVINGS



10

CALORIES



397 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 bay leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons canola oil
- ☐ 1 cup celery diced
- ☐ 10 servings cornbread
- ☐ 1 large eggs lightly beaten
- ☐ 2 large eggs lightly beaten
- ☐ 2.3 cups fat-skimmed beef broth fat-free

- ☐ 1 cup skim milk fat-free
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon garlic minced
- ☐ 0.8 cup cornmeal yellow stone-ground finely
- ☐ 6 ounces turkey sausage fresh italian
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 teaspoons olive oil
- ☐ 2 cups onion finely chopped
- ☐ 0.8 teaspoon poultry seasoning
- ☐ 0.5 teaspoon salt
- ☐ 10 servings pepperidge farm sage and onion stuffing stuffing

Equipment

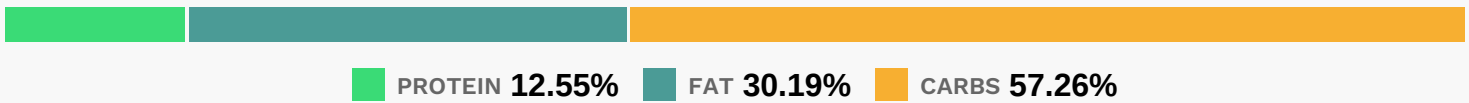
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 42
- ☐ Combine first 4 ingredients; make well in center.
- ☐ Combine milk, oil, and egg; add to flour mixture, stirring just until moist. Spoon batter into 8-inch square pan coated with cooking spray.
- ☐ Bake 25 minutes or until a wooden pick inserted in center comes out clean. Cool 5 minutes in pan on wire rack.
- ☐ Remove from pan; cool.
- ☐ Reduce oven to 37

- ☐ Cut cornbread into 1-inch cubes, and place on baking sheet in even layer.
- ☐ Bake 1215 minutes or until golden.
- ☐ Let cool.
- ☐ Heat olive oil in skillet over medium-high heat.
- ☐ Add sausage; cook, crumbling, 8 minutes or until browned.
- ☐ Add onion and bay leaf; cook 4 minutes or until onion starts to brown, stirring occasionally.
- ☐ Add celery, and cook 5 minutes.
- ☐ Add garlic and next 3 ingredients; cook, stirring constantly, for 1 minute.
- ☐ Remove from heat; discard bay leaf. Cool about 20 minutes or until room temperature.
- ☐ Combine cornbread and sausage mixture.
- ☐ Add broth and eggs; stir just until moistened. Spoon into 2-inch deep, 7- x 11-inch baking dish coated with cooking spray.
- ☐ Bake, covered with foil, 28 min-utes. Uncover; bake 10 minutes until top is crisp and golden.

Nutrition Facts



Properties

Glycemic Index:38.97, Glycemic Load:13.33, Inflammation Score:-5, Nutrition Score:14.294347835624%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg

Nutrients (% of daily need)

Calories: 397.07kcal (19.85%), Fat: 13.34g (20.53%), Saturated Fat: 3.8g (23.75%), Carbohydrates: 56.95g (18.98%), Net Carbohydrates: 53.19g (19.34%), Sugar: 13.25g (14.73%), Cholesterol: 99.75mg (33.25%), Sodium: 1047.44mg (45.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.48g (24.96%), Phosphorus: 389.63mg (38.96%), Selenium: 20.92µg (29.89%), Iron: 4.23mg (23.5%), Vitamin B1: 0.3mg (20.17%), Folate: 79.69µg (19.92%), Vitamin B2: 0.33mg (19.7%), Manganese: 0.39mg (19.66%), Calcium: 167.66mg (16.77%), Vitamin B3: 3.27mg (16.37%), Fiber: 3.77g (15.06%), Vitamin B6: 0.29mg (14.54%), Zinc: 1.62mg (10.77%), Vitamin B5: 1.06mg (10.55%), Magnesium:

40.27mg (10.07%), Vitamin B12: 0.59µg (9.82%), Vitamin C: 8.03mg (9.73%), Potassium: 318.82mg (9.11%), Vitamin K: 9.32µg (8.88%), Vitamin E: 1.17mg (7.8%), Copper: 0.15mg (7.52%), Vitamin A: 309.06IU (6.18%), Vitamin D: 0.57µg (3.8%)