



Cornbread, Sausage, and Pecan Dressing

READY IN



45 min.

SERVINGS



10

CALORIES



1095 kcal

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 9 cups cornbread
- ☐ 2 large eggs
- ☐ 0.5 cup flat parsley chopped
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 2 tablespoons sage fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 2 teaspoons kosher salt
- ☐ 3 cups chicken broth low-sodium divided

- ☐ 1.3 cups pecans toasted chopped
- ☐ 1 pound diestel breakfast sausage
- ☐ 0.8 cup butter unsalted plus more for baking dish ()
- ☐ 2.5 cups onion yellow chopped

Equipment

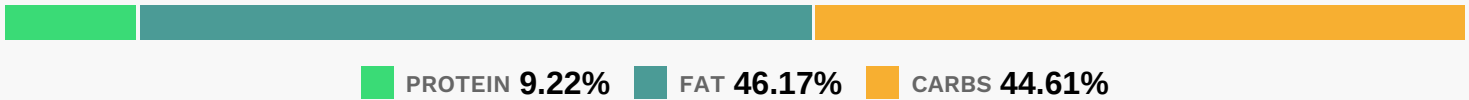
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Arrange racks in upper and lower thirds of oven; preheat to 250°F. Butter a 13x9x2" baking dish; set aside. Scatter cornbread in a single layer on 2 rimmed baking sheets.
- ☐ Bake, stirring often and rotating sheets halfway through, until dried out, about 1 hour.
- ☐ Let cool.
- ☐ Transfer to a very large mixing bowl.
- ☐ Meanwhile, cook sausage in a large skillet over medium-high heat, breaking up into 1/2"-1" pieces with a wooden spoon, until browned, 8-10 minutes.
- ☐ Transfer to bowl with cornbread but do not stir.
- ☐ Heat 3/4 cup butter in same skillet; add onions and celery and cook, stirring often, until softened and just beginning to brown, about 10 minutes.
- ☐ Add to cornbread in bowl.
- ☐ Return skillet to heat.
- ☐ Add vinegar; cook, scraping up browned bits from bottom of pan, for 1 minute.

- ☐ Pour into bowl with cornbread. Gently fold in 1 1/2 cups broth, pecans, if using, parsley, sage, rosemary, and thyme.
- ☐ Add salt and pepper.
- ☐ Let cool.
- ☐ Preheat oven to 350°F.
- ☐ Whisk 1 1/2 cups broth and eggs in a small bowl. Fold gently into cornbread until thoroughly combined, taking care not to mash cornbread (mixture will look wet).
- ☐ Transfer to prepared dish, cover with foil, and bake until an instant-read thermometer inserted into the center of dressing registers 160°F, about 40 minutes. DO AHEAD: Dressing can be made 1 day ahead. Uncover; let cool. Cover and chill.
- ☐ Bake dressing, uncovered, until set and top is browned and crisp, 40–45 minutes longer (if chilled, add 10–15 minutes).

Nutrition Facts



Properties

Glycemic Index: 21.4, Glycemic Load: 0.99, Inflammation Score: -9, Nutrition Score: 33.048695999643%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 1095.32kcal (54.77%), Fat: 56.68g (87.2%), Saturated Fat: 21.95g (137.18%), Carbohydrates: 123.22g (41.07%), Net Carbohydrates: 116.1g (42.22%), Sugar: 36.45g (40.5%), Cholesterol: 227.83mg (75.94%), Sodium: 2070.13mg (90.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.48g (50.96%), Copper: 4.05mg (202.28%), Phosphorus: 988.64mg (98.86%), Manganese: 1.27mg (63.33%), Vitamin K: 59.4µg (56.57%), Vitamin B1:

0.64mg (42.73%), Vitamin B3: 7.62mg (38.12%), Folate: 138.22µg (34.56%), Calcium: 338.99mg (33.9%), Selenium: 22.46µg (32.08%), Vitamin B2: 0.54mg (31.53%), Iron: 5.66mg (31.43%), Fiber: 7.13g (28.51%), Vitamin A: 1167.59IU (23.35%), Zinc: 3.33mg (22.2%), Vitamin B6: 0.42mg (21.24%), Vitamin B5: 1.89mg (18.87%), Vitamin B12: 1.06µg (17.73%), Potassium: 618.05mg (17.66%), Magnesium: 69.27mg (17.32%), Vitamin E: 1.88mg (12.52%), Vitamin C: 8.78mg (10.64%), Vitamin D: 1.04µg (6.97%)