



Cornbread Stew



Vegetarian

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READY IN

ready

28 min.

SERVINGS

servings

12

CALORIES

calories

297 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup buttermilk
- ☐ 12 servings basic buttermilk cornbread
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 shallots minced
- ☐ 6 oz cheddar cheese shredded

☐ 6 cups vegetable broth

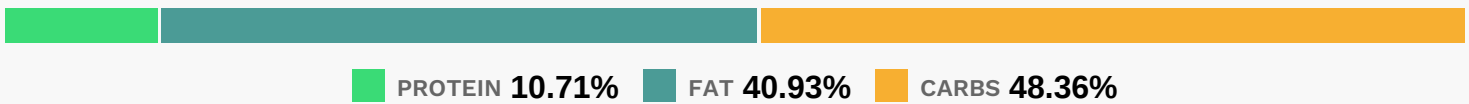
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 40
- ☐ Crumble cornbread into bowl of a food processor. Pulse 6 to 8 times or until coarse crumbs form (about 5 cups coarse crumbs).
- ☐ Spread crumbs on a 15- x 10-inch baking sheet.
- ☐ Bake at 400 for 15 minutes or until lightly toasted.
- ☐ Saut shallot and garlic in hot oil in a Dutch oven over medium heat 3 minutes or until tender. Stir in crumbs, broth, and next 4 ingredients; cook, stirring often, 10 minutes or until mixture thickens.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:1.21, Inflammation Score:-4, Nutrition Score:7.7534783599169%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 297.08kcal (14.85%), Fat: 13.57g (20.87%), Saturated Fat: 5.66g (35.39%), Carbohydrates: 36.07g (12.02%), Net Carbohydrates: 34.6g (12.58%), Sugar: 11.79g (13.1%), Cholesterol: 50.57mg (16.86%), Sodium: 991.94mg (43.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.99g (15.97%), Phosphorus: 318.6mg

(31.86%), Calcium: 206.13mg (20.61%), Selenium: 10.07µg (14.39%), Vitamin B2: 0.2mg (11.94%), Vitamin A: 525.26IU (10.51%), Folate: 37.71µg (9.43%), Vitamin B1: 0.13mg (8.65%), Manganese: 0.16mg (7.76%), Zinc: 1.01mg (6.75%), Iron: 1.19mg (6.61%), Vitamin B12: 0.38µg (6.34%), Vitamin B3: 1.23mg (6.17%), Fiber: 1.47g (5.87%), Vitamin E: 0.76mg (5.09%), Vitamin B5: 0.49mg (4.92%), Magnesium: 16.66mg (4.17%), Vitamin B6: 0.08mg (4.07%), Vitamin K: 4.12µg (3.92%), Potassium: 127.26mg (3.64%), Copper: 0.06mg (2.87%), Vitamin D: 0.34µg (2.3%)