



Cornbread Stuffing

READY IN



80 min.

SERVINGS



8

CALORIES



1015 kcal

SIDE DISH

Ingredients

- 4 tablespoons butter
- 1 cup celery chopped
- 3 cups chicken stock see
- 2 tablespoons freshly cilantro leaves chopped
- 8 cups cornbread cubed toasted
- 0.5 pound ham smoked diced
- 2 eggs
- 2 tablespoons freshly flat-leaf parsley chopped
- 2 cups corn kernels fresh

- 2 tablespoons garlic minced
- 0.5 cup heavy cream
- 1 cup bell pepper diced red
- 8 servings salt and pepper black freshly ground
- 2 cups onions yellow chopped

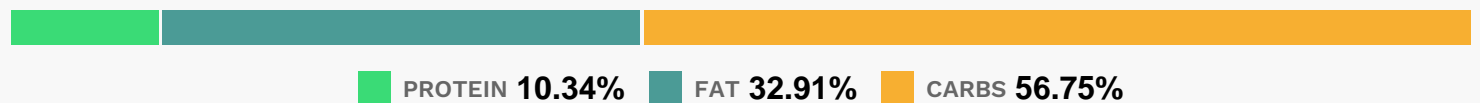
Equipment

- frying pan
- oven
- whisk

Directions

- Watch how to make this recipe.
- Preheat oven to 375 degrees F.
- Melt butter and sweet vegetables until tender.
- Add ham and cook over low heat for 2 more minutes. Set aside to slightly cool.
- Whisk together eggs, stock, cream and herbs and season with salt and pepper, to taste.
- Combine all items, including cornbread, in a 4-quart lasagna pan and cook covered for 30 minutes. Uncover and cook for additional 20 minutes or until crusty.

Nutrition Facts



Properties

Glycemic Index:33.38, Glycemic Load:1.33, Inflammation Score:-9, Nutrition Score:29.48391316248%

Flavonoids

Apigenin: 2.52mg, Apigenin: 2.52mg, Apigenin: 2.52mg, Apigenin: 2.52mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg

8.3mg

Nutrients (% of daily need)

Calories: 1015.1kcal (50.76%), Fat: 37.49g (57.67%), Saturated Fat: 16.98g (106.12%), Carbohydrates: 145.46g (48.49%), Net Carbohydrates: 137.91g (50.15%), Sugar: 44.73g (49.7%), Cholesterol: 223.94mg (74.65%), Sodium: 1973.52mg (85.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.5g (53%), Phosphorus: 1103.08mg (110.31%), Folate: 178.19µg (44.55%), Vitamin C: 32.14mg (38.96%), Selenium: 27.23µg (38.91%), Vitamin B1: 0.58mg (38.74%), Vitamin B2: 0.63mg (36.97%), Calcium: 364.38mg (36.44%), Manganese: 0.72mg (36.06%), Vitamin B3: 7.11mg (35.57%), Vitamin A: 1648.57IU (32.97%), Iron: 5.63mg (31.27%), Vitamin K: 31.72µg (30.21%), Fiber: 7.54g (30.17%), Vitamin B6: 0.45mg (22.58%), Potassium: 759.94mg (21.71%), Vitamin B5: 2mg (20.04%), Magnesium: 77.34mg (19.34%), Zinc: 2.74mg (18.28%), Copper: 0.35mg (17.53%), Vitamin E: 2.02mg (13.48%), Vitamin B12: 0.68µg (11.3%), Vitamin D: 0.46µg (3.05%)