



Cornbread Stuffing Muffins with Ham and Sage

READY IN



45 min.

SERVINGS



12

CALORIES



270 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 4 cups cubes sandwich bread white firm crustless (from 6 to 7 slices)
- ☐ 0.5 cup butter (1 stick)
- ☐ 2 cups celery chopped
- ☐ 1 teaspoon coarse kosher salt
- ☐ 10 cups cubes cornbread for dressing
- ☐ 4 teaspoons rubbed sage dried
- ☐ 4 large eggs beaten to blend

- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 teaspoons thyme leaves fresh chopped
- ☐ 2 cups leeks white green thinly sliced (and pale parts only; 3)
- ☐ 2 cups low-salt chicken broth
- ☐ 7 ounces ham smoked finely chopped

Equipment

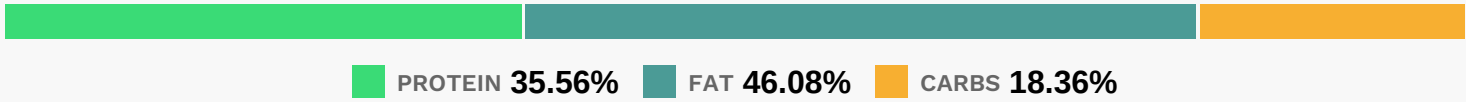
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ aluminum foil
- ☐ microwave
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350°F. Generously butter twelve 1/3-cup nonstick muffin cups. Divide cornbread cubes and white bread cubes between 2 rimmed baking sheets. Dry slightly in oven, about 5 minutes. Cool.
- ☐ Transfer to large bowl.
- ☐ Melt butter in large skillet over medium heat.
- ☐ Add leeks and celery; cook until soft, stirring often, about 10 minutes.
- ☐ Add ham; stir 1 minute.
- ☐ Add all herbs, 1 teaspoon coarse salt, and 1 teaspoon pepper; stir to blend.
- ☐ Add vegetable mixture to bread; toss.
- ☐ Add eggs and broth; toss.
- ☐ Let stand 5 minutes; toss again. Spoon about 1/2 cup stuffing mixture into each muffin cup. Press to compact. Mound about 1/2 cup remaining stuffing mixture over stuffing in each muffin cup, pressing to hold shape.

- ☐ Bake muffins until golden, about 22 minutes. Cool in pan 15 minutes. Using small plastic knife, loosen muffins.
- ☐ Transfer to rack; cool.
- ☐ DO AHEAD: Can be made 1 day ahead. Cool, cover, and chill. Rewarm uncovered in microwave in 30-second intervals, or covered loosely with foil in 350°F oven, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:24.81, Glycemic Load:5.99, Inflammation Score:-8, Nutrition Score:8.1165217213009%

Flavonoids

Apigenin: 3.19mg, Apigenin: 3.19mg, Apigenin: 3.19mg, Apigenin: 3.19mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 269.65kcal (13.48%), Fat: 14.12g (21.72%), Saturated Fat: 5.8g (36.26%), Carbohydrates: 12.66g (4.22%), Net Carbohydrates: 11.59g (4.21%), Sugar: 3.44g (3.83%), Cholesterol: 141.16mg (47.05%), Sodium: 1818.01mg (79.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.52g (49.04%), Vitamin K: 33.99µg (32.37%), Vitamin A: 789.22IU (15.78%), Selenium: 8.92µg (12.74%), Iron: 2.27mg (12.62%), Phosphorus: 113.51mg (11.35%), Manganese: 0.22mg (10.92%), Folate: 42.64µg (10.66%), Vitamin B2: 0.15mg (8.59%), Vitamin B3: 1.41mg (7.07%), Calcium: 67.8mg (6.78%), Vitamin B1: 0.1mg (6.5%), Vitamin C: 5.04mg (6.11%), Copper: 0.12mg (6.11%), Potassium: 205.03mg (5.86%), Zinc: 0.76mg (5.09%), Magnesium: 19.89mg (4.97%), Vitamin B6: 0.1mg (4.91%), Fiber: 1.07g (4.29%), Vitamin B5: 0.42mg (4.19%), Vitamin E: 0.62mg (4.15%), Vitamin B12: 0.2µg (3.4%), Vitamin D: 0.33µg (2.22%)