



Cornbread Stuffing with Ham, Chestnuts, and Sage

READY IN



45 min.

SERVINGS



8

CALORIES



406 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons butter divided ()
- ☐ 1.8 cups celery stalks chopped
- ☐ 7.3 ounce honey crumbled steamed peeled
- ☐ 2 large eggs
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tablespoons sage fresh chopped
- ☐ 0.5 teaspoon pepper black
- ☐ 8 ounces ham steak cut into 1/2-inch dice (2 cups)

- ☐ 1.5 cups chicken broth ()
- ☐ 2 cups onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 8 servings cornbread stone-ground

Equipment

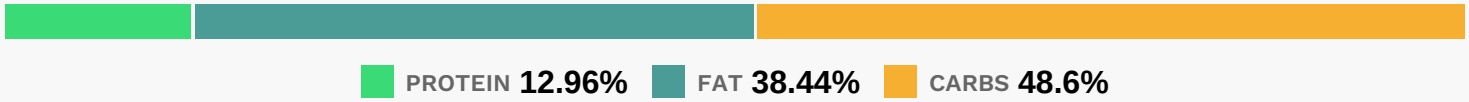
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350°F. Coarsely crumble cornbread onto large rimmed baking sheet. Toast in oven until slightly dried, about 5 minutes.
- ☐ Remove from oven. Maintain oven temperature.
- ☐ Butter 11x7x2-inch glass baking dish. Melt 1 tablespoon butter in heavy large skillet over medium-high heat.
- ☐ Add diced ham and sauté until browned, about 6 minutes.
- ☐ Transfer ham to large bowl. Melt 4 tablespoons butter in same skillet over medium-high heat.
- ☐ Add onions, celery, and sage; cover and cook until tender, stirring occasionally, about 10 minutes.
- ☐ Transfer vegetable mixture to bowl with ham. Stir in chestnuts, parsley, 1/2 teaspoon salt, and 1/2 teaspoon pepper. (Toasted cornbread and ham mixture can be prepared 1 day ahead. Cover and store cornbread at room temperature. Cool ham mixture slightly, then cover and refrigerate.)
- ☐ Stir crumbled cornbread into ham mixture.

- ☐ Whisk 1 1/2 cups chicken broth and eggs in medium bowl to blend.
- ☐ Mix into stuffing, adding more chicken broth by tablespoonfuls if dry.
- ☐ Transfer stuffing to prepared baking dish. Dot with remaining 1 tablespoon butter. Spray sheet of foil on 1 side with nonstick spray. Cover cornbread stuffing with foil, sprayed side down.
- ☐ Bake stuffing 40 minutes. Uncover and bake until top begins to brown, about 20 minutes longer.

Nutrition Facts



Properties

Glycemic Index:28.38, Glycemic Load:7.09, Inflammation Score:-7, Nutrition Score:20.410869551742%

Flavonoids

Apigenin: 6.02mg, Apigenin: 6.02mg, Apigenin: 6.02mg, Apigenin: 6.02mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg

Nutrients (% of daily need)

Calories: 405.67kcal (20.28%), Fat: 17.42g (26.8%), Saturated Fat: 8.65g (54.05%), Carbohydrates: 49.56g (16.52%), Net Carbohydrates: 46.93g (17.06%), Sugar: 11.72g (13.03%), Cholesterol: 116.03mg (38.68%), Sodium: 984.33mg (42.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.21g (26.42%), Copper: 4.78mg (239.06%), Vitamin K: 50.83µg (48.41%), Phosphorus: 377.72mg (37.77%), Vitamin C: 26.51mg (32.14%), Vitamin B1: 0.41mg (27.54%), Manganese: 0.48mg (23.87%), Selenium: 13.85µg (19.79%), Folate: 74.6µg (18.65%), Vitamin B3: 3.69mg (18.47%), Vitamin B6: 0.34mg (16.96%), Vitamin B2: 0.27mg (15.75%), Vitamin A: 747.46IU (14.95%), Potassium: 491.89mg (14.05%), Iron: 2.41mg (13.41%), Calcium: 130.27mg (13.03%), Fiber: 2.64g (10.54%), Zinc: 1.47mg (9.79%), Vitamin B5: 0.96mg (9.65%), Magnesium: 35.9mg (8.97%), Vitamin B12: 0.54µg (8.92%), Vitamin E: 0.77mg (5.12%), Vitamin D: 0.25µg (1.67%)