



Cornbread Stuffing with Sage and Dried Fruits



Vegetarian



Dairy Free

READY IN



90 min.

SERVINGS



10

CALORIES



711 kcal

SIDE DISH

Ingredients

- ☐ 2 qts day-old cornbread cubed
- ☐ 0.5 cup apricots dried chopped
- ☐ 0.5 cup cranberries dried
- ☐ 2 large eggs
- ☐ 2 tablespoons sage leaves fresh chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.5 cups chicken broth reduced-sodium
- ☐ 2 tablespoons olive oil

☐ 1 large onion white halved sliced

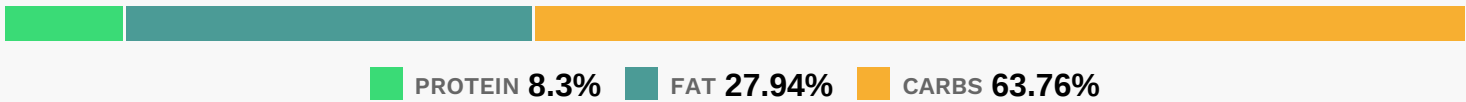
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Spread cornbread on a large rimmed baking sheet.
- ☐ Bake until cornbread is dry and starting to crisp, about 15 minutes, turning pieces over once halfway through; set aside. Keep oven on.
- ☐ Heat oil, meanwhile, in a large frying pan over medium heat. Cook onion, stirring often, until golden brown and sticky, about 20 minutes.
- ☐ Transfer to a large mixing bowl.
- ☐ Add dried fruit.
- ☐ Pour in broth, eggs, salt, and sage and mix well to combine.
- ☐ Add cornbread and toss gently just to moisten.
- ☐ Transfer mixture to a greased 9- by 13-in. baking dish.
- ☐ Bake stuffing until it feels firm to the touch and the top is starting to brown, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:6.04, Glycemic Load:1.51, Inflammation Score:-6, Nutrition Score:22.126086898472%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 711.39kcal (35.57%), Fat: 22.27g (34.26%), Saturated Fat: 7.87g (49.18%), Carbohydrates: 114.34g (38.11%), Net Carbohydrates: 108.85g (39.58%), Sugar: 38.87g (43.19%), Cholesterol: 145.08mg (48.36%), Sodium: 1276.49mg (55.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.89g (29.77%), Copper: 3.83mg (191.65%), Phosphorus: 780.36mg (78.04%), Manganese: 0.59mg (29.67%), Selenium: 19.79µg (28.27%), Folate: 112.3µg (28.07%), Calcium: 278.07mg (27.81%), Vitamin B1: 0.38mg (25.06%), Vitamin B2: 0.4mg (23.5%), Iron: 4.13mg (22.94%), Vitamin B3: 4.5mg (22.48%), Fiber: 5.49g (21.96%), Vitamin B5: 1.32mg (13.16%), Vitamin E: 1.89mg (12.57%), Vitamin A: 602.75IU (12.05%), Potassium: 401.41mg (11.47%), Vitamin B6: 0.21mg (10.55%), Zinc: 1.51mg (10.08%), Magnesium: 39.6mg (9.9%), Vitamin B12: 0.56µg (9.33%), Vitamin K: 9.44µg (8.99%), Vitamin C: 1.38mg (1.67%), Vitamin D: 0.2µg (1.33%)