





Cornbread Stuffing With Sweet Potato and Squash

READY IN




117 min.

SERVINGS



10

CALORIES



269 kcal

SIDE DISH

Ingredients

- 2 tablespoons brown sugar
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- 3 tablespoons butter melted
- 1.5 pounds butternut squash peeled seeded cut into 1/4-inch cubes
- 1 tablespoon canola oil
- 2 teaspoons creole seasoning divided
- 1 large eggs lightly beaten
- 28 oz fat-skimmed beef broth fat-free low-sodium divided canned

- 1 tablespoon sage fresh chopped
- 2 small garlic clove pressed
- 1 apples i use 2 granny smith apples peeled cut into 1/4-inch cubes
- 1 cup bell pepper diced green red frozen
- 0.3 cup pecans chopped
- 10 servings sage fresh
- 8 oz bread stuffing mix
- 2 medium size sweet potatoes and into peeled cut into 1/4-inch cubes

Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 37
- Saut frozen onion mixture and garlic in 1 Tbsp. hot oil in a large, deep skillet over medium-high heat 2 minutes or until vegetables are tender.
- Stir in squash, next 5 ingredients, 1 tsp. Creole seasoning, and 1/4 cup water. Cover, reduce heat to medium, and cook, stirring occasionally, 15 minutes or until squash and potatoes are tender. Stir in 1 can chicken broth.
- Remove from heat; cool 15 minutes. Stir together stuffing mix, egg, and remaining 1 can chicken broth and 1 tsp. Creole seasoning in a medium bowl. Fold into cooled squash mixture. Spoon mixture into a lightly greased 13- x 9-inch baking dish.
- Bake, covered with aluminum foil, at 375 for 25 minutes. Uncover and sprinkle with pecans; bake 20 minutes or until dressing is thoroughly heated and pecans are toasted.
- Let stand 10 minutes before serving.
- Garnish, if desired.

Nutrition Facts

PROTEIN 8.08% FAT 29.35% CARBS 62.57%

Properties

Glycemic Index:22.2, Glycemic Load:5.31, Inflammation Score:-10, Nutrition Score:21.076956559782%

Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 268.74kcal (13.44%), Fat: 9.06g (13.93%), Saturated Fat: 2.9g (18.14%), Carbohydrates: 43.43g (14.48%), Net Carbohydrates: 38.78g (14.1%), Sugar: 12.5g (13.89%), Cholesterol: 27.86mg (9.29%), Sodium: 707.22mg (30.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.21%), Vitamin A: 14010.95IU (280.22%), Copper: 2.2mg (109.78%), Vitamin C: 28.72mg (34.82%), Manganese: 0.67mg (33.59%), Selenium: 15.14µg (21.62%), Vitamin B1: 0.29mg (19.08%), Fiber: 4.65g (18.6%), Folate: 68.04µg (17.01%), Vitamin B6: 0.32mg (16.06%), Potassium: 559.36mg (15.98%), Vitamin B3: 3mg (15%), Magnesium: 54.06mg (13.51%), Vitamin E: 1.84mg (12.25%), Iron: 2.13mg (11.82%), Vitamin B2: 0.19mg (11.32%), Phosphorus: 112.88mg (11.29%), Vitamin B5: 0.97mg (9.68%), Calcium: 90.19mg (9.02%), Zinc: 0.75mg (5.03%), Vitamin K: 5.08µg (4.84%), Vitamin B12: 0.21µg (3.58%)