



Cornbread Stuffing With Sweet Potato and Squash

READY IN



117 min.

SERVINGS



10

CALORIES



260 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 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 chicken broth fat-free low-sodium divided canned
- ☐ 1 tablespoon sage fresh chopped

- ☐ 2 small garlic cloves pressed
- ☐ 1 apples i use 2 granny smith apples peeled cut into 1/4-inch cubes
- ☐ 1 cup onion diced green red frozen
- ☐ 0.3 cup pecans chopped
- ☐ 10 servings garnish: sage leaves fresh
- ☐ 8 oz cornbread stuffing mix
- ☐ 2 medium size sweet potatoes 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 8.36%**  **FAT 30.38%**  **CARBS 61.26%**

Properties

Glycemic Index:22.2, Glycemic Load:5.31, Inflammation Score:-10, Nutrition Score:21.046521661074%

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: 259.62kcal (12.98%), Fat: 9.06g (13.93%), Saturated Fat: 2.9g (18.14%), Carbohydrates: 41.08g (13.69%), Net Carbohydrates: 36.43g (13.25%), Sugar: 10.17g (11.3%), Cholesterol: 27.86mg (9.29%), Sodium: 706.55mg (30.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.21%), Vitamin A: 14010.95IU (280.22%), Copper: 2.19mg (109.72%), Vitamin C: 28.72mg (34.82%), Manganese: 0.67mg (33.51%), Selenium: 15.11µg (21.58%), Vitamin B1: 0.29mg (19.08%), Fiber: 4.65g (18.6%), Folate: 68.02µg (17%), Vitamin B6: 0.32mg (16.01%), Potassium: 556.16mg (15.89%), Vitamin B3: 3mg (14.98%), Magnesium: 53.84mg (13.46%), Vitamin E: 1.84mg (12.25%), Iron: 2.11mg (11.72%), Vitamin B2: 0.19mg (11.32%), Phosphorus: 112.78mg (11.28%), Vitamin B5: 0.96mg (9.64%), Calcium: 88.2mg (8.82%), Zinc: 0.75mg (5.02%), Vitamin K: 5.08µg (4.84%), Vitamin B12: 0.21µg (3.58%)