



Corny Cornbread Dressing

 Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



164 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 tablespoons butter
- ☐ 16 ounce regular corn cream-style canned
- ☐ 4 large rib celery chopped
- ☐ 3 cups chicken broth
- ☐ 2 cups corn chips crushed
- ☐ 2 recipes basic cornbread crumbled
- ☐ 2 large onions chopped

- ☐ 3 tablespoons tablespoon sage dried fresh chopped
- ☐ 6 slices bread white
- ☐ 32 ounce tamales hot cut into 1/2-inch slices canned
- ☐ 32 ounce tamales hot cut into 1/2-inch slices canned

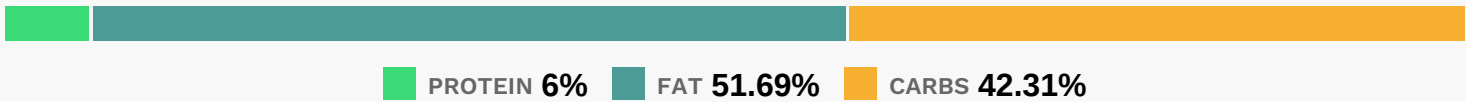
Equipment

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

Directions

- ☐ Spread 2 tablespoons butter evenly on bread slices; place on a baking sheet.
- ☐ Bake at 350 for 25 minutes or until crisp; cut into 1/2-inch cubes.
- ☐ Melt 1/2 cup butter in a large skillet over medium-high heat; add onion and celery, and saut until tender.
- ☐ Add broth; bring to a boil.
- ☐ Pour mixture into a large bowl; stir in bread cubes and cornbread. Cover and let stand 20 minutes.
- ☐ Fold in corn and remaining ingredients. Spoon into 1 lightly greased 13- x 9-inch baking dish and 1 lightly greased 11- x 7-inch baking dish.
- ☐ Bake at 350 for 35 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:6.69, Glycemic Load:2.94, Inflammation Score:-4, Nutrition Score:8.162173897028%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 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 Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 164.13kcal (8.21%), Fat: 9.71g (14.94%), Saturated Fat: 1.9g (11.87%), Carbohydrates: 17.89g (5.96%), Net Carbohydrates: 16.63g (6.05%), Sugar: 2.91g (3.23%), Cholesterol: 4.13mg (1.38%), Sodium: 374.44mg (16.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.07%), Copper: 2.77mg (138.69%), Manganese: 0.24mg (11.83%), Phosphorus: 68.34mg (6.83%), Folate: 25.07µg (6.27%), Vitamin E: 0.94mg (6.24%), Vitamin A: 281.79IU (5.64%), Vitamin B1: 0.08mg (5.11%), Fiber: 1.26g (5.03%), Calcium: 49.71mg (4.97%), Selenium: 3.24µg (4.63%), Vitamin B2: 0.08mg (4.47%), Vitamin B3: 0.87mg (4.33%), Magnesium: 16.85mg (4.21%), Iron: 0.71mg (3.96%), Vitamin B6: 0.06mg (2.99%), Potassium: 95.39mg (2.73%), Zinc: 0.41mg (2.71%), Vitamin C: 2.07mg (2.5%), Vitamin B5: 0.19mg (1.94%)