



Country Cornbread Dressing with Pecans

 Vegetarian

READY IN



70 min.

SERVINGS



10

CALORIES



900 kcal

SIDE DISH

Ingredients

- 5 cups country loaf bread cubed toasted
- 4 stalks celery with leaves, finely chopped
- 5 cups day-old cornbread homemade store bought crumbled
- 4 large eggs lightly beaten
- 0.3 cup sage fresh loosely packed chopped
- 1 tablespoon thyme leaves fresh chopped
- 3 cloves garlic finely chopped
- 10 servings kosher salt and pepper freshly ground

- 2 cups chicken broth low-sodium homemade
- 1.3 cups pecans chopped
- 4 tablespoons butter unsalted
- 1 large vidalia onion finely chopped

Equipment

- bowl
- frying pan
- oven
- whisk
- casserole dish
- wooden spoon

Directions

- Preheat the oven to 350 degrees F. Spray a 3 1/2-quart casserole dish with nonstick spray.
- Melt the butter in a large skillet over medium-high heat.
- Add the celery and onions and saute until beginning to soften, about 5 minutes. Stir in the sage, thyme and garlic and sprinkle with salt and pepper.
- Saute until very fragrant and all the vegetables are very soft and the onions are translucent, another 3 minutes. Stir in the chopped pecans in the last minute of cooking.
- Remove from the heat.
- Add the cornbread and country bread to a very large bowl.
- Add the cooked vegetables and toss together.
- Whisk together the broth and eggs in a medium bowl and sprinkle with salt and pepper.
- Pour the mixture over the bread and mix together with a wooden spoon until completely combined.
- Pour the dressing into the casserole dish and bake until cooked through and golden on top, about 45 minutes.

Nutrition Facts



■ PROTEIN 11.3% ■ FAT 32.96% ■ CARBS 55.74%

Properties

Glycemic Index:17.57, Glycemic Load:30.43, Inflammation Score:-9, Nutrition Score:33.798261082691%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 900.3kcal (45.02%), Fat: 33.31g (51.25%), Saturated Fat: 9.69g (60.54%), Carbohydrates: 126.77g (42.26%), Net Carbohydrates: 117.31g (42.66%), Sugar: 28.27g (31.41%), Cholesterol: 153.87mg (51.29%), Sodium: 1520.76mg (66.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.7g (51.4%), Manganese: 2.39mg (119.66%), Copper: 1.48mg (73.96%), Selenium: 51.43µg (73.47%), Phosphorus: 722.99mg (72.3%), Vitamin B1: 0.83mg (55.28%), Vitamin B3: 9.92mg (49.58%), Folate: 191.89µg (47.97%), Iron: 7.54mg (41.86%), Vitamin B2: 0.65mg (38.28%), Fiber: 9.45g (37.82%), Calcium: 351.27mg (35.13%), Magnesium: 94.72mg (23.68%), Vitamin B5: 2.17mg (21.66%), Zinc: 3.04mg (20.29%), Vitamin B6: 0.37mg (18.39%), Potassium: 539.81mg (15.42%), Vitamin K: 15.9µg (15.15%), Vitamin A: 559.82IU (11.2%), Vitamin E: 1.41mg (9.4%), Vitamin B12: 0.51µg (8.45%), Vitamin C: 3.99mg (4.84%), Vitamin D: 0.48µg (3.23%)