



Crawfish-Cornbread Dressing

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



128 kcal

SIDE DISH

Ingredients

- ☐ 10 tablespoon butter
- ☐ 2 cups chicken broth
- ☐ 1 recipe basic cornbread crumbled
- ☐ 16 ounce crawfish tails frozen thawed cooked peeled
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 small bell peppers green chopped
- ☐ 1 teaspoon ground pepper black

- ☐ 1 teaspoon ground pepper red
- ☐ 1 teaspoon ground pepper white
- ☐ 1 large onion chopped

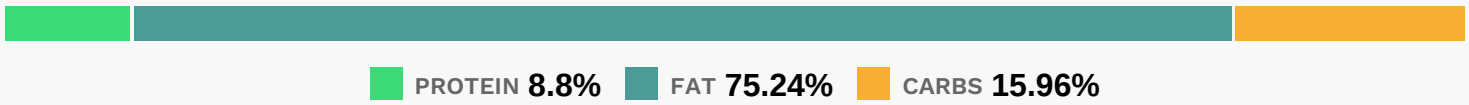
Equipment

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

Directions

- ☐ Melt butter in a large skillet over medium-high heat; add onion and bell pepper, and saut 4 to 5 minutes or until tender.
- ☐ Stir together vegetables, cornbread, and remaining ingredients in a large bowl until moistened. Spoon into a lightly greased 13- x 9-inch baking dish.
- ☐ Bake at 350 for 1 hour or until firm and golden brown.

Nutrition Facts



Properties

Glycemic Index:11.08, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:4.977391274079%

Flavonoids

Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 127.95kcal (6.4%), Fat: 10.89g (16.75%), Saturated Fat: 2.43g (15.21%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 4.49g (1.63%), Sugar: 1.85g (2.06%), Cholesterol: 40.85mg (13.62%), Sodium: 303.17mg (13.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.73%), Vitamin K: 22.08µg (21.03%), Vitamin C: 12.72mg

(15.41%), Vitamin A: 695.11IU (13.9%), Selenium: 4.79µg (6.85%), Phosphorus: 59.09mg (5.91%), Manganese: 0.11mg (5.31%), Vitamin B2: 0.09mg (5.18%), Vitamin B12: 0.25µg (4.1%), Vitamin E: 0.6mg (4%), Vitamin B6: 0.07mg (3.7%), Folate: 13.01µg (3.25%), Copper: 0.06mg (3.05%), Iron: 0.51mg (2.86%), Fiber: 0.71g (2.84%), Potassium: 93.35mg (2.67%), Calcium: 26.06mg (2.61%), Vitamin B1: 0.04mg (2.6%), Vitamin B5: 0.23mg (2.28%), Magnesium: 7.89mg (1.97%), Zinc: 0.29mg (1.96%), Vitamin B3: 0.38mg (1.89%), Vitamin D: 0.17µg (1.11%)