



Creole Cornbread Dressing

READY IN



175 min.

SERVINGS



16

CALORIES



448 kcal

SIDE DISH

Ingredients

- ☐ 12 oz andouille sausage chopped
- ☐ 0.5 cup butter
- ☐ 3 large rib celery diced
- ☐ 28 oz chicken broth low-sodium canned
- ☐ 16 servings cornbread crumbles
- ☐ 2 tablespoons creole seasoning
- ☐ 1 cup cooking sherry dry
- ☐ 2 large eggs
- ☐ 0.5 cup parsley fresh chopped

- ☐ 1 medium size bell pepper diced green
- ☐ 8 green onions thinly sliced
- ☐ 8 oz mushrooms fresh diced
- ☐ 2 cups pecans toasted chopped
- ☐ 1 large onion diced sweet

Equipment

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

Directions

- ☐ Preheat oven to 350
- ☐ Saut andouille sausage in a large skillet over medium-high heat 3 to 4 minutes or until lightly browned.
- ☐ Add green onions and next 3 ingredients, and saut 5 minutes or until vegetables are tender.
- ☐ Transfer mixture to a large bowl; stir in Cornbread Crumbles.
- ☐ Melt butter in skillet over medium-high heat; add mushrooms, and saut 3 minutes.
- ☐ Add sherry, and cook, stirring often, 5 to 6 minutes or until liquid is reduced by half; stir in parsley. Stir mushroom mixture, toasted pecans, and Creole seasoning into cornbread mixture.
- ☐ Whisk together chicken broth and eggs; add to cornbread mixture, stirring gently just until moistened. Divide mixture between 1 lightly greased 13- x 9-inch baking dish and 1 lightly greased 8-inch square baking dish.
- ☐ Bake dressing at 350 for 40 to 45 minutes or until golden brown.

Nutrition Facts



 **PROTEIN 10.5%**  **FAT 54.72%**  **CARBS 34.78%**

Properties

Glycemic Index:15.31, Glycemic Load:0.41, Inflammation Score:-7, Nutrition Score:15.847391221834%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 448.49kcal (22.42%), Fat: 27.3g (42%), Saturated Fat: 8.85g (55.29%), Carbohydrates: 39.04g (13.01%), Net Carbohydrates: 35.63g (12.96%), Sugar: 12.28g (13.64%), Cholesterol: 90.99mg (30.33%), Sodium: 607.53mg (26.41%), Alcohol: 1.54g (100%), Alcohol %: 0.88% (100%), Protein: 11.78g (23.56%), Vitamin K: 47.57µg (45.3%), Manganese: 0.77mg (38.36%), Phosphorus: 356.67mg (35.67%), Vitamin B3: 4.04mg (20.18%), Selenium: 13.61µg (19.45%), Vitamin B1: 0.28mg (18.99%), Vitamin A: 832.67IU (16.65%), Vitamin B2: 0.28mg (16.61%), Copper: 0.31mg (15.48%), Vitamin C: 11.57mg (14.03%), Fiber: 3.41g (13.65%), Folate: 54.57µg (13.64%), Iron: 2.34mg (12.99%), Zinc: 1.81mg (12.05%), Calcium: 113.33mg (11.33%), Potassium: 389.63mg (11.13%), Vitamin B6: 0.22mg (11.04%), Vitamin B5: 0.97mg (9.71%), Magnesium: 38.45mg (9.61%), Vitamin B12: 0.47µg (7.82%), Vitamin E: 1.17mg (7.79%), Vitamin D: 0.45µg (3.01%)