



Creole Cornbread Stuffing

 Vegetarian

READY IN

ready

240 min.

SERVINGS

servings

10

CALORIES

calories

588 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 4 bay leaves
- ☐ 1 cup butter
- ☐ 3 cups buttermilk
- ☐ 2 teaspoons cayenne pepper
- ☐ 2 cups chicken broth
- ☐ 2 teaspoons thyme leaves dried
- ☐ 7 eggs beaten

- ☐ 2 cups evaporated milk
- ☐ 6 tablespoons basil fresh chopped
- ☐ 2 tablespoons garlic minced
- ☐ 2 chile peppers green chopped
- ☐ 1 cup green onions chopped
- ☐ 2 cups cornmeal stone ground
- ☐ 2 teaspoons ground pepper black
- ☐ 2 teaspoons ground pepper white
- ☐ 1 cup onion minced
- ☐ 2 teaspoons onion powder
- ☐ 4 teaspoons oregano dried
- ☐ 1 cup parsley chopped
- ☐ 1 tablespoon pepper sauce hot
- ☐ 2 cups bell pepper red chopped
- ☐ 2 tablespoons salt
- ☐ 2 cups unbleached flour all-purpose
- ☐ 4 tablespoons sugar white

Equipment

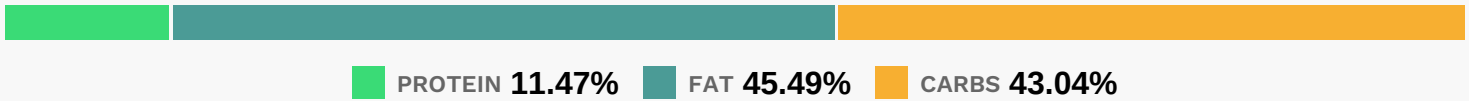
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ toothpicks

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Butter a 13x9-inch pan.
- ☐ Combine the flour, cornmeal, baking powder, 1 teaspoon salt, and sugar, and mix well.
- ☐ Whisk together 5 eggs, 6 tablespoons melted butter, and buttermilk.

- ☐ Add wet to dry ingredients, mixing just until incorporated.
- ☐ Pour into prepared pan.
- ☐ Bake in preheated oven until top is browned and a toothpick comes out clean, about 55 minutes. Allow to cool completely.
- ☐ To Make Stuffing: In a small bowl, combine the 2 tablespoons salt with the white pepper, black pepper, cayenne pepper, onion powder, oregano, thyme, basil, and bay leaves.
- ☐ In another bowl, combine the minced onions, green onions, parsley, red or green peppers, chili peppers, and garlic.
- ☐ Melt 1 cup butter in a large frying pan.
- ☐ Add the spices and cook for a few minutes.
- ☐ Add the vegetables and cook about 5 minutes. Do not allow the vegetables to brown.
- ☐ Add the stock and Tabasco. Stir and cook 5 minutes more. Crumble the cornbread into the skillet and mix; remove pan from heat.
- ☐ Whisk 7 eggs and evaporated milk; pour into stuffing mixture. Return to low heat and cook, stirring, for about 2 minutes.
- ☐ Remove the bay leaves.
- ☐ Place stuffing in a bowl; cool before stuffing turkey.

Nutrition Facts



Properties

Glycemic Index:67.86, Glycemic Load:33.86, Inflammation Score:-10, Nutrition Score:29.460434706315%

Flavonoids

Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 587.53kcal (29.38%), Fat: 30.1g (46.31%), Saturated Fat: 16.77g (104.81%), Carbohydrates: 64.09g (21.36%), Net Carbohydrates: 57.91g (21.06%), Sugar: 16.91g (18.79%), Cholesterol: 186.86mg (62.29%), Sodium:

2216.87mg (96.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.08g (34.15%), Vitamin K: 137.4µg (130.85%), Vitamin C: 53.53mg (64.89%), Vitamin A: 2770.15IU (55.4%), Calcium: 434.73mg (43.47%), Phosphorus: 411.22mg (41.12%), Vitamin B2: 0.67mg (39.47%), Selenium: 24.69µg (35.27%), Manganese: 0.68mg (33.78%), Folate: 115.86µg (28.97%), Vitamin B1: 0.42mg (27.79%), Iron: 4.54mg (25.21%), Fiber: 6.18g (24.71%), Vitamin B6: 0.47mg (23.42%), Magnesium: 80.29mg (20.07%), Potassium: 624.76mg (17.85%), Zinc: 2.58mg (17.22%), Vitamin B5: 1.57mg (15.7%), Vitamin B3: 3.12mg (15.58%), Vitamin E: 2mg (13.36%), Vitamin B12: 0.73µg (12.23%), Copper: 0.23mg (11.4%), Vitamin D: 1.6µg (10.68%)