



Granny's Cornbread Dressing

READY IN

ready

45 min.

SERVINGS

servings

12

CALORIES

calories

529 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 1.3 cups celery chopped
- ☐ 2.5 cups chicken broth
- ☐ 6.3 cups cornbread crumbled
- ☐ 5 teaspoons sage dried to taste
- ☐ 3 to 4 eggs well beaten
- ☐ 3 tablespoons oil
- ☐ 0.5 cup onion chopped
- ☐ 1 teaspoon pepper

☐ 1 teaspoon lawry's seasoned salt

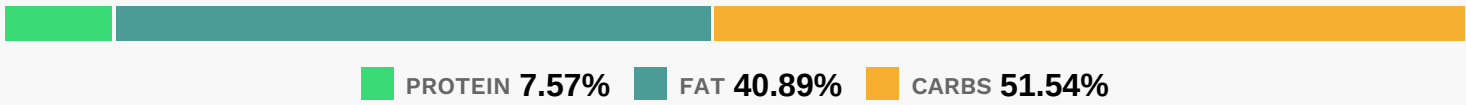
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ In a large bowl, combine cornbread, broth and butter.
- ☐ Mix well and set aside. In a skillet over medium heat, saut onion and celery in oil until softened, 4 to 5 minutes.
- ☐ Add onion mixture to cornbread mixture along with seasonings; mix well.
- ☐ Let stand for 15 minutes. Fold eggs into cornbread mixture; transfer to a greased 2-quart casserole dish.
- ☐ Bake, uncovered, at 375 degrees for 50 to 65 minutes, until top is golden.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.21, Inflammation Score:-5, Nutrition Score:12.46608688002%

Flavonoids

Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 528.75kcal (26.44%), Fat: 24.16g (37.17%), Saturated Fat: 10.08g (62.99%), Carbohydrates: 68.52g (22.84%), Net Carbohydrates: 65.35g (23.76%), Sugar: 20.4g (22.66%), Cholesterol: 132.47mg (44.16%), Sodium: 1198.69mg (52.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.07g (20.14%), Phosphorus: 512.57mg (51.26%), Selenium: 14.47µg (20.68%), Folate: 78.42µg (19.61%), Calcium: 184.03mg (18.4%), Vitamin B2: 0.31mg

(18.01%), Manganese: 0.34mg (17.08%), Vitamin B1: 0.25mg (17%), Iron: 2.57mg (14.29%), Vitamin B3: 2.63mg (13.15%), Fiber: 3.17g (12.7%), Vitamin K: 11.85µg (11.28%), Vitamin A: 552.03IU (11.04%), Vitamin E: 1.63mg (10.87%), Vitamin B5: 0.93mg (9.35%), Vitamin B6: 0.14mg (7.06%), Zinc: 1.04mg (6.93%), Vitamin B12: 0.41µg (6.79%), Potassium: 229.94mg (6.57%), Magnesium: 25.24mg (6.31%), Copper: 0.11mg (5.71%), Vitamin D: 0.22µg (1.47%), Vitamin C: 0.96mg (1.16%)