



Green Chile-Cheddar-Pecan Dressing

READY IN



45 min.

SERVINGS



12

CALORIES



1090 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups biscuit crumbs frozen with pillsbury buttermilk biscuits)
- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons butter melted
- ☐ 4.5 ounce chiles green drained chopped canned
- ☐ 3.5 cups chicken broth
- ☐ 12 servings garnish: cilantro fresh
- ☐ 7 cups cornbread crumbs
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 cup cilantro leaves fresh chopped

- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 teaspoon paprika
- ☐ 1 cup pecans
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 8 ounce sharp cheddar cheese shredded divided
- ☐ 15.3 ounce kernel corn sweet whole drained canned

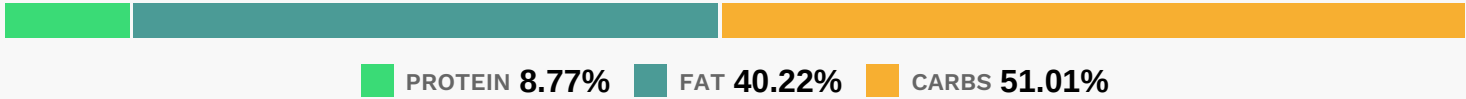
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine first 6 ingredients in a small bowl, tossing well.
- ☐ Spread in a single layer on a baking sheet.
- ☐ Bake at 350 for 10 minutes or until toasted; set aside.
- ☐ Combine 1 1/2 cups cheese and next 9 ingredients in a large bowl.
- ☐ Add broth, stirring just until moistened. Spoon dressing into a lightly greased 13" x 9" baking dish.
- ☐ Sprinkle with remaining 1/2 cup cheese and reserved pecans.
- ☐ Bake, uncovered, at 350 for 50 to 55 minutes or until set and lightly browned.
- ☐ Garnish, if desired.
- ☐ *1 (28-ounce) package of frozen Sister Schubert's Southern Cornbread is equivalent to the 7 cups of cornbread crumbs needed in this recipe. Otherwise, look for baked cornbread in your supermarket deli.

Nutrition Facts



Properties

Glycemic Index:25.42, Glycemic Load:36.48, Inflammation Score:-8, Nutrition Score:29.351304308228%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 1090.17kcal (54.51%), Fat: 49.12g (75.56%), Saturated Fat: 13.84g (86.51%), Carbohydrates: 140.16g (46.72%), Net Carbohydrates: 134.26g (48.82%), Sugar: 26.98g (29.98%), Cholesterol: 136.14mg (45.38%), Sodium: 2592.44mg (112.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.11g (48.21%), Phosphorus: 1197.31mg (119.73%), Manganese: 1.25mg (62.56%), Selenium: 42.88µg (61.26%), Vitamin B1: 0.86mg (57.25%), Folate: 185.51µg (46.38%), Vitamin B2: 0.77mg (45.52%), Iron: 7.22mg (40.12%), Calcium: 399.21mg (39.92%), Vitamin B3: 7.38mg (36.89%), Fiber: 5.9g (23.61%), Zinc: 2.88mg (19.22%), Vitamin E: 2.79mg (18.61%), Copper: 0.35mg (17.29%), Potassium: 588.55mg (16.82%), Magnesium: 66.65mg (16.66%), Vitamin B5: 1.47mg (14.66%), Vitamin A: 674.31IU (13.49%), Vitamin B12: 0.78µg (12.92%), Vitamin K: 13.01µg (12.39%), Vitamin B6: 0.24mg (12.02%), Vitamin C: 4.64mg (5.62%), Vitamin D: 0.28µg (1.87%)