



Herb and Bacon Corn-Bread Stuffing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



159 kcal

SIDE DISH

Ingredients

- ☐ 1 pound bacon sliced
- ☐ 6 large rib celery
- ☐ 0.5 cup herbs such as thyme mixed fresh chopped
- ☐ 1 pound onions (2 large)
- ☐ 0.3 cup reserved fat from roast turkey melted

Equipment

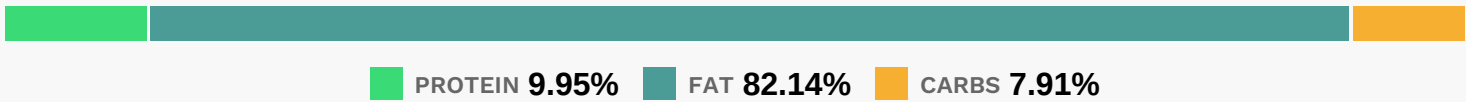
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 325° F. and butter a 4–quart baking dish.
- ☐ Cut corn bread into 1/2–inch cubes and dry in 2 large shallow baking pans in oven 20 minutes.
- ☐ Remove corn bread from oven and leave oven at 325° F. Coarsely chop separately celery, onions, and bacon.
- ☐ In a large, deep skillet sauté bacon over moderately high heat, stirring, until browned, about 10 minutes.
- ☐ Add celery and onions and cook, stirring, until vegetables are softened, about 5 minutes.
- ☐ Add herbs and salt and pepper to taste and cook, stirring, 1 minute.
- ☐ In a large bowl toss together corn bread and bacon mixture and transfer to baking dish. Stuffing may be prepared up to this point 1 day ahead and cooled completely before being chilled, covered.
- ☐ Drizzle stock or broth over stuffing and bake, covered, 1 hour.
- ☐ Drizzle reserved fat or butter over stuffing and bake, uncovered, in upper third of oven 30 minutes more, or until top is golden.

Nutrition Facts



Properties

Glycemic Index:5.69, Glycemic Load:0.6, Inflammation Score:-3, Nutrition Score:4.2304347494374%

Flavonoids

Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 159.11kcal (7.96%), Fat: 14.49g (22.3%), Saturated Fat: 4.73g (29.54%), Carbohydrates: 3.14g (1.05%), Net Carbohydrates: 2.59g (0.94%), Sugar: 1.22g (1.36%), Cholesterol: 21.98mg (7.33%), Sodium: 190.16mg (8.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.9%), Vitamin K: 30.97µg (29.5%), Selenium: 5.85µg (8.36%), Vitamin B1: 0.09mg (6.2%), Vitamin B3: 1.2mg (5.99%), Vitamin C: 4.6mg (5.58%), Vitamin B6: 0.11mg (5.57%), Phosphorus: 50.22mg (5.02%), Vitamin A: 170.69IU (3.41%), Potassium: 108.88mg (3.11%), Zinc: 0.4mg (2.69%), Vitamin B12: 0.14µg (2.36%), Fiber: 0.55g (2.2%), Manganese: 0.04mg (2.15%), Folate: 8.37µg (2.09%), Vitamin B5: 0.2mg (2.01%), Vitamin B2: 0.03mg (1.92%), Magnesium: 7.22mg (1.8%), Vitamin D: 0.27µg (1.78%), Iron: 0.29mg (1.63%), Vitamin E: 0.24mg (1.57%), Copper: 0.03mg (1.29%), Calcium: 10.68mg (1.07%)