



## Jalapeno Cornbread Stuffing

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



728 kcal

SIDE DISH

### Ingredients

- 2 tablespoons butter unsalted
- 1 cup onion red chopped
- 1 cup celery finely chopped
- 3 pepper flakes diced seeded
- 1 cup pecans toasted coarsely chopped
- 8 cups cornbread crumbled
- 0.3 cup cilantro leaves fresh chopped
- 1 teaspoon salt

- 1 teaspoon pepper black
- 0.3 teaspoon ground pepper
- 1 cup chicken broth as needed

## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 350F (175C).
- Melt butter in a large skillet over medium high heat.
- Add onion, celery, and jalapeno peppers and cook until tender, about 5 minutes.
- Add pecans and cook for one minute more.
- Place crumbled cornbread in a large bowl; add onion-pecan mixture, cilantro and seasonings. Toss to mix.
- Add enough chicken broth to moisten; about 1 cup.
- Use as a stuffing or spoon into a greased baking dish.
- Bake until the top has formed a crust and the stuffing is heated through, about 25 to 30 minutes.
- Serve hot.

## Nutrition Facts



**PROTEIN 7.65%** **FAT 33.83%** **CARBS 58.52%**

## Properties

Glycemic Index:21, Glycemic Load:0.89, Inflammation Score:-7, Nutrition Score:20.546086956522%

## Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg

## Nutrients (% of daily need)

Calories: 728.45kcal (36.42%), Fat: 27.69g (42.6%), Saturated Fat: 9.13g (57.09%), Carbohydrates: 107.79g (35.93%), Net Carbohydrates: 101.77g (37.01%), Sugar: 32.32g (35.91%), Cholesterol: 114.37mg (38.12%), Sodium: 1463.94mg (63.65%), Protein: 14.09g (28.18%), Phosphorus: 782.61mg (78.26%), Manganese: 0.96mg (48.09%), Vitamin B1: 0.45mg (29.99%), Folate: 116.48µg (29.12%), Calcium: 275.04mg (27.5%), Vitamin C: 21.34mg (25.87%), Selenium: 17.17µg (24.53%), Fiber: 6.02g (24.06%), Vitamin B2: 0.38mg (22.47%), Iron: 3.99mg (22.19%), Vitamin B3: 4.18mg (20.92%), Copper: 0.29mg (14.6%), Vitamin B6: 0.28mg (13.96%), Vitamin K: 14.07µg (13.4%), Magnesium: 50.79mg (12.7%), Vitamin B5: 1.27mg (12.65%), Vitamin A: 613.25IU (12.27%), Zinc: 1.82mg (12.11%), Potassium: 396.11mg (11.32%), Vitamin E: 1.33mg (8.86%), Vitamin B12: 0.44µg (7.41%)