



## Louise's Cornbread Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



498 kcal

SIDE DISH

### Ingredients

- 12 ounce andouille sausage chopped
- 1 cup butter divided
- 3 cups buttermilk
- 3 large rib celery diced
- 28 ounce chicken broth low-sodium canned
- 2 tablespoons creole seasoning
- 4 large eggs divided
- 0.3 cup parsley fresh chopped

- 1 medium size bell pepper diced green
- 8 green onions thinly sliced
- 8 ounce mushrooms fresh diced
- 2 cups pecans toasted chopped
- 2 tablespoons sugar
- 1 large onion diced sweet
- 4 cups cornmeal white

## Equipment

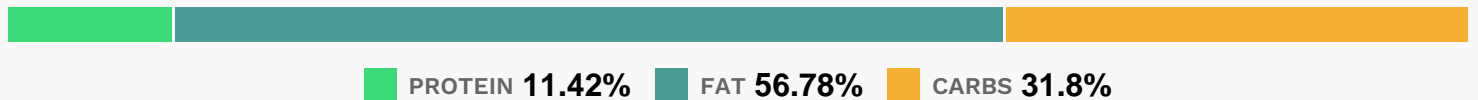
- bowl
- frying pan
- oven
- whisk
- baking pan

## Directions

- Place 1/2 cup butter in a 13- x 9-inch pan, and heat in oven at 425 for 4 minutes.
- Combine white cornmeal and sugar in a large bowl; whisk in 2 eggs and buttermilk.
- Pour hot butter into batter, stirring until blended.
- Pour batter into pan.
- Bake at 425 for 30 minutes or until golden brown. Cool and crumble into a large bowl.
- Saut chopped andouille sausage in a large skillet over medium-high heat 3 to 4 minutes or until lightly browned.
- Add sliced green onions, diced celery, diced onion, and diced green bell pepper to skillet; saut 5 minutes or until vegetables are tender. Spoon sausage mixture into bowl with cornbread mixture.
- Melt remaining 1/2 cup butter in skillet; add diced mushrooms, and saut 5 minutes. If desired, reduce saut time to 3 minutes, and add 1 cup dry sherry to skillet. Cook, stirring often, until liquid is reduced by half.

- Add mushroom mixture, chopped pecans, chopped parsley, and Creole seasoning to cornbread mixture in bowl.
- Whisk together remaining 2 eggs and chicken broth; add to cornbread mixture, and stir gently until moistened. Spoon into 1 lightly greased 13- x 9-inch baking dish and 1 lightly greased 8-inch-square baking dish.
- Bake, uncovered, at 350 for 30 minutes or until golden brown.
- To make ahead: Chill prepared, unbaked dressing in the refrigerator overnight.
- Let dressing stand until room temperature, then bake as directed.
- Note: For testing purposes only, we used White Lily Buttermilk Cornmeal
- Mix and Tony's Creole Seasoning.

## Nutrition Facts



### Properties

Glycemic Index:17.57, Glycemic Load:2.07, Inflammation Score:-8, Nutrition Score:18.177391466887%

### Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Apigenin: 2.03mg, Apigenin: 2.03mg, Apigenin: 2.03mg, Apigenin: 2.03mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

### Nutrients (% of daily need)

Calories: 498.45kcal (24.92%), Fat: 32.2g (49.54%), Saturated Fat: 6.8g (42.49%), Carbohydrates: 40.59g (13.53%), Net Carbohydrates: 34.33g (12.49%), Sugar: 6.87g (7.63%), Cholesterol: 69.74mg (23.25%), Sodium: 392.76mg (17.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.57g (29.14%), Manganese: 0.93mg (46.58%), Phosphorus: 285.77mg (28.58%), Vitamin K: 29.77µg (28.35%), Fiber: 6.26g (25.03%), Vitamin A: 1093.01IU (21.86%), Vitamin B1: 0.33mg (21.7%), Vitamin B6: 0.42mg (21.19%), Magnesium: 83.02mg (20.75%), Vitamin B2: 0.34mg (19.96%), Vitamin B3: 3.98mg (19.9%), Zinc: 2.97mg (19.78%), Copper: 0.38mg (19.08%), Vitamin B5: 1.88mg (18.84%), Selenium: 11.94µg (17.06%), Potassium: 548.86mg (15.68%), Iron: 2.79mg (15.5%), Vitamin C: 10.31mg

(12.49%), Vitamin B12: 0.6µg (9.93%), Folate: 38.1µg (9.53%), Vitamin E: 1.39mg (9.28%), Calcium: 92.75mg (9.27%),  
Vitamin D: 1.16µg (7.74%)