



Mama's Corn Bread Dressing

READY IN



45 min.

SERVINGS



12

CALORIES



443 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup butter
- ☐ 2 cups celery chopped
- ☐ 5 cups mama's corn bread crumbled
- ☐ 1.5 teaspoons rubbed sage dried
- ☐ 1 large egg white
- ☐ 2 large eggs
- ☐ 2 cups onion chopped
- ☐ 0.3 teaspoon salt

- ☐ 1 cup saltines crushed (20 crackers)
- ☐ 3 cups vegetable broth
- ☐ 3 cups bread white cubed toasted (1-inch) (5 [1-ounce] slices)

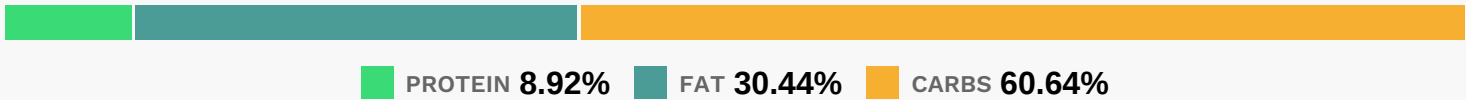
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 3 ingredients in a large bowl.
- ☐ Combine the broth, celery, onion, and butter in a large saucepan; bring to a boil. Reduce heat, and simmer 10 minutes.
- ☐ Add broth mixture to corn bread mixture, stirring well.
- ☐ Add sage and next 4 ingredients (sage through egg white); stir well to combine.
- ☐ Pour the mixture into an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Bake at 375 for 45 minutes; cover and bake an additional 30 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:21.73, Glycemic Load:4.91, Inflammation Score:-6, Nutrition Score:12.431739097056%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg

5.48mg, Quercetin: 5.48mg

Nutrients (% of daily need)

Calories: 443.43kcal (22.17%), Fat: 15.04g (23.14%), Saturated Fat: 6.58g (41.11%), Carbohydrates: 67.44g (22.48%), Net Carbohydrates: 64.01g (23.28%), Sugar: 18.36g (20.4%), Cholesterol: 97.36mg (32.45%), Sodium: 1043.84mg (45.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.91g (19.83%), Phosphorus: 434mg (43.4%), Folate: 89.86µg (22.46%), Selenium: 15.15µg (21.64%), Vitamin B1: 0.3mg (20.33%), Manganese: 0.39mg (19.73%), Calcium: 177.21mg (17.72%), Vitamin B2: 0.3mg (17.45%), Iron: 2.77mg (15.41%), Vitamin B3: 2.98mg (14.9%), Fiber: 3.43g (13.71%), Vitamin A: 529.21IU (10.58%), Vitamin K: 10.83µg (10.31%), Vitamin B5: 0.87mg (8.73%), Vitamin B6: 0.16mg (7.93%), Potassium: 253.65mg (7.25%), Magnesium: 27.18mg (6.79%), Zinc: 0.98mg (6.54%), Copper: 0.12mg (5.88%), Vitamin E: 0.84mg (5.63%), Vitamin B12: 0.32µg (5.28%), Vitamin C: 2.6mg (3.15%), Vitamin D: 0.17µg (1.11%)