



## Mama's Cornbread and Sausage Turkey Dressing

 Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



693 kcal

### Ingredients

- 3 cups celery chopped
- 8 cups chicken broth
- 26 ounce corn bread mix dry
- 1 teaspoon sage dried
- 6 cups bread crumbs dry
- 2 eggs beaten
- 0.7 cup parsley fresh chopped
- 4 cloves garlic

- 0.3 cup bell pepper green chopped
- 0.5 cup butter
- 2 cups onion chopped
- 2 tablespoons poultry seasoning
- 1 teaspoon salt
- 1 pound sausage

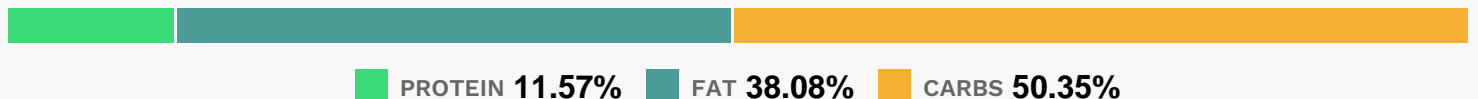
## Equipment

- bowl
- frying pan
- oven
- pot

## Directions

- Prepare the cornbread according to package instructions. Once cornbread is cooled, crumble it into a large bowl. Stir in the bread crumbs.
- Preheat oven to 350 degrees F (175 degrees C).
- In a large pot, saute sausage in margarine with the onion, garlic, green bell pepper and celery until tender. Stir parsley, poultry seasoning, sage and salt into the mixture.
- Pour broth, eggs and cornbread/breadcrumbs into the mixture; mix until the ingredients stick together easily.
- Transfer to a 9x13 inch pan.
- Bake covered in a preheated 350 degrees F (175 degrees C) oven for 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:13.25, Glycemic Load:0.8, Inflammation Score:-8, Nutrition Score:25.297826393791%

## Flavonoids

Apigenin: 7.9mg, Apigenin: 7.9mg, Apigenin: 7.9mg, Apigenin: 7.9mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

## **Nutrients (% of daily need)**

Calories: 692.65kcal (34.63%), Fat: 29.18g (44.9%), Saturated Fat: 7.75g (48.47%), Carbohydrates: 86.8g (28.93%), Net Carbohydrates: 79.24g (28.82%), Sugar: 18.17g (20.19%), Cholesterol: 58.86mg (19.62%), Sodium: 2035.76mg (88.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.95g (39.91%), Vitamin K: 74.82µg (71.25%), Vitamin B1: 0.95mg (63.45%), Phosphorus: 482.69mg (48.27%), Manganese: 0.9mg (44.99%), Vitamin B3: 7.97mg (39.83%), Folate: 139.43µg (34.86%), Vitamin B2: 0.59mg (34.63%), Fiber: 7.56g (30.24%), Iron: 5.38mg (29.92%), Selenium: 20.35µg (29.08%), Vitamin A: 908.19IU (18.16%), Calcium: 180.4mg (18.04%), Vitamin B6: 0.36mg (17.87%), Zinc: 2.31mg (15.4%), Copper: 0.28mg (13.97%), Magnesium: 55.29mg (13.82%), Vitamin C: 11.26mg (13.64%), Potassium: 450.28mg (12.87%), Vitamin B12: 0.67µg (11.19%), Vitamin B5: 1.1mg (10.99%), Vitamin E: 0.77mg (5.13%), Vitamin D: 0.64µg (4.25%)