



Mimi's Cornbread Dressing

READY IN



125 min.

SERVINGS



10

CALORIES



414 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 0.8 cup butter divided
- ☐ 1.3 cups buttermilk
- ☐ 2 tablespoons canola oil divided
- ☐ 2 cups celery chopped
- ☐ 2 cups self-rising cornmeal mix white
- ☐ 2 large eggs lightly beaten
- ☐ 4 large eggs lightly beaten
- ☐ 0.7 cup flat-leaf parsley fresh chopped

- ☐ 1 tablespoon sage fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 5 cups chicken broth reduced-sodium
- ☐ 1 cup self-rising flour
- ☐ 3 cups onion sweet chopped (1 large)

Equipment

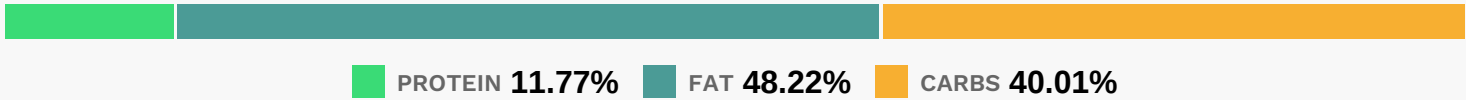
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Preheat oven to 400
- ☐ Coat bottom and sides of a 10-inch cast-iron skillet with 1 Tbsp. oil; heat in oven 10 minutes.
- ☐ Meanwhile, stir together cornmeal mix, next 3 ingredients, and remaining 1 Tbsp. oil.
- ☐ Pour batter into hot skillet.
- ☐ Bake at 400 for 30 minutes or until golden.
- ☐ Remove from oven to a wire rack; cool 15 minutes. Crumble cornbread into a large bowl. Stir 5 cups broth into crumbled cornbread until moistened, adding more broth, 1 Tbsp. at a time, if necessary. (
- ☐ Mixture should resemble wet sand.)
- ☐ Melt 1/4 cup butter in a large skillet over medium-high heat; add onion and celery, and saut 8 to 10 minutes or until tender.
- ☐ Add onion mixture to cornbread mixture.
- ☐ Microwave remaining 1/2 cup butter in a small microwave-safe bowl at HIGH 1 minute or until melted. Stir melted butter, eggs, and remaining ingredients into cornbread mixture; spoon into

- a lightly greased 13- x 9-inch baking dish.
- ☐ Bake at 400 for 50 minutes to 1 hour or until golden brown.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.9, Glycemic Load:6.55, Inflammation Score:-9, Nutrition Score:22.556087058523%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 9.2mg, Apigenin: 9.2mg, Apigenin: 9.2mg, Apigenin: 9.2mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg

Nutrients (% of daily need)

Calories: 413.54kcal (20.68%), Fat: 22.56g (34.7%), Saturated Fat: 10.92g (68.24%), Carbohydrates: 42.11g (14.04%), Net Carbohydrates: 38.6g (14.04%), Sugar: 4.59g (5.1%), Cholesterol: 151.72mg (50.57%), Sodium: 808.42mg (35.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.39g (24.78%), Copper: 2.02mg (101.24%), Vitamin K: 75.57µg (71.97%), Phosphorus: 380.8mg (38.08%), Folate: 134.72µg (33.68%), Vitamin B2: 0.42mg (24.49%), Vitamin A: 1186.87IU (23.74%), Selenium: 15.87µg (22.67%), Manganese: 0.45mg (22.65%), Vitamin B1: 0.31mg (20.66%), Calcium: 196.1mg (19.61%), Vitamin B3: 3.76mg (18.8%), Iron: 3.16mg (17.56%), Vitamin B6: 0.29mg (14.68%), Fiber: 3.5g (14.02%), Potassium: 413.85mg (11.82%), Vitamin C: 8.89mg (10.78%), Magnesium: 40.52mg (10.13%), Vitamin B12: 0.56µg (9.35%), Zinc: 1.37mg (9.16%), Vitamin E: 1.37mg (9.13%), Vitamin B5: 0.9mg (9.04%), Vitamin D: 1.02µg (6.77%)