



Moist Cornbread Dressing with Spicy Crawfish

READY IN



16 min.

SERVINGS



12

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup butter divided
- ☐ 0.8 cup celery chopped
- ☐ 2.5 cups chicken broth
- ☐ 16 oz crawfish tails frozen thawed cooked peeled drained
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.8 cup onion chopped
- ☐ 16 oz seasoned cornbread stuffing (with pepperidge farm)

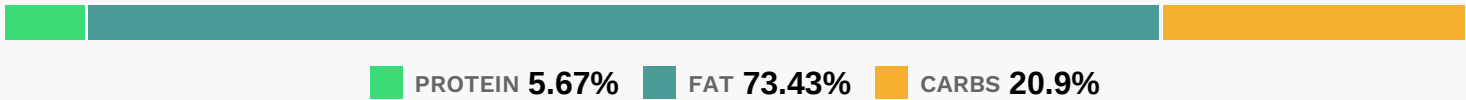
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Melt 1/2 cup butter in a large deep skillet or Dutch oven. Saut onion and celery 4 to 5 minutes or until crisp-tender.
- ☐ Add chicken broth, crawfish tails, remaining 1/4 cup butter, and red pepper; bring to a boil.
- ☐ Remove from heat.
- ☐ Add cornbread stuffing; gently toss and fluff with a fork until stuffing is moistened.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.24, Inflammation Score:-4, Nutrition Score:4.7647826308789%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 180.53kcal (9.03%), Fat: 14.95g (22.99%), Saturated Fat: 7.97g (49.83%), Carbohydrates: 9.57g (3.19%), Net Carbohydrates: 8.19g (2.98%), Sugar: 1.53g (1.7%), Cholesterol: 37.7mg (12.57%), Sodium: 463.78mg (20.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.19%), Selenium: 20.79µg (29.7%), Vitamin A: 521.99IU (10.44%), Vitamin K: 8.09µg (7.71%), Vitamin E: 0.91mg (6.06%), Manganese: 0.12mg (5.82%), Fiber: 1.38g (5.51%), Vitamin B2: 0.08mg (4.97%), Folate: 19.88µg (4.97%), Vitamin B1: 0.07mg (4.71%), Vitamin B3: 0.78mg (3.91%), Phosphorus: 36.71mg (3.67%), Copper: 0.07mg (3.36%), Iron: 0.54mg (2.98%), Vitamin B12: 0.18µg (2.97%), Calcium: 24.66mg (2.47%), Potassium: 82.84mg (2.37%), Magnesium: 8.56mg (2.14%), Vitamin B6: 0.04mg (1.97%), Zinc: 0.25mg (1.64%), Vitamin C: 0.99mg (1.2%), Vitamin B5: 0.1mg (1.02%)