



## Old-Fashioned Cornbread Stuffing



Vegetarian



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



870 kcal

SIDE DISH

### Ingredients



1 cup celery chopped



1 cup chicken stock see



2 cups cornbread crumbled



1 cup cranberries



1 Dash cumin powder



1 Dash curry powder



1 eggs



1 teaspoon flour

- ☐ 1 Dash ground cardamom
- ☐ 1 cup onion  chopped
- ☐ 0.5 cup pecans  chopped
- ☐ 1 cup pecans
- ☐ 4 servings raisins
- ☐ 1 cup bell pepper  red chopped
- ☐ 2 tablespoons sage  crumbled
- ☐ 0.5 teaspoon salt/cayenne pepper
- ☐ 1 cup shiitakes  chopped
- ☐ 1 cup croutons; use sourdough day old bread  toasted
- ☐ 1 teaspoon thyme leaves  chopped
- ☐ 1 Dash turmeric powder

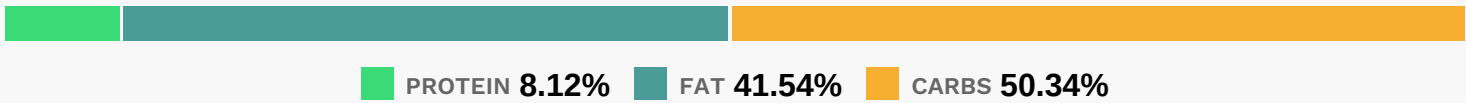
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 355 degrees F.
- ☐ Mix all ingredients together in a large bowl. Put mixed ingredients in a 9- by 4-inch loaf pan.
- ☐ Bake for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:124.82, Glycemic Load:19.06, Inflammation Score:-10, Nutrition Score:37.208695567173%

## Flavonoids

Cyanidin: 15.73mg, Cyanidin: 15.73mg, Cyanidin: 15.73mg, Cyanidin: 15.73mg Delphinidin: 4.71mg, Delphinidin: 4.71mg, Delphinidin: 4.71mg, Delphinidin: 4.71mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg Epigallocatechin: 2.35mg, Epigallocatechin: 2.35mg, Epigallocatechin: 2.35mg, Epigallocatechin: 2.35mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epigallocatechin 3–gallate: 1.13mg, Epigallocatechin 3–gallate: 1.13mg, Epigallocatechin 3–gallate: 1.13mg, Epigallocatechin 3–gallate: 1.13mg Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg Quercetin: 12.01mg, Quercetin: 12.01mg, Quercetin: 12.01mg, Quercetin: 12.01mg

## Nutrients (% of daily need)

Calories: 870.04kcal (43.5%), Fat: 41.87g (64.41%), Saturated Fat: 7.57g (47.3%), Carbohydrates: 114.19g (38.06%), Net Carbohydrates: 100.92g (36.7%), Sugar: 27.81g (30.9%), Cholesterol: 110.15mg (36.72%), Sodium: 890.26mg (38.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.4g (36.81%), Copper: 9.92mg (495.81%), Manganese: 2.79mg (139.61%), Phosphorus: 735.18mg (73.52%), Vitamin C: 58.25mg (70.61%), Fiber: 13.27g (53.06%), Vitamin B1: 0.66mg (43.88%), Vitamin B2: 0.64mg (37.62%), Vitamin B3: 7.23mg (36.16%), Vitamin A: 1707.95IU (34.16%), Folate: 134.43µg (33.61%), Vitamin B6: 0.67mg (33.39%), Iron: 5.83mg (32.4%), Selenium: 22.46µg (32.09%), Potassium: 1073.59mg (30.67%), Magnesium: 113.6mg (28.4%), Calcium: 257.4mg (25.74%), Zinc: 3.78mg (25.21%), Vitamin B5: 2.38mg (23.78%), Vitamin K: 17.02µg (16.21%), Vitamin E: 2.42mg (16.15%), Vitamin B12: 0.37µg (6.17%), Vitamin D: 0.45µg (2.97%)