



Roasted-Corn Bread Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



227 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup celery chopped
- ☐ 2 corn bread muffins
- ☐ 0.5 cup corn kernels fresh yellow (1 ear corn)
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 2 teaspoons sage fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 0.3 cup onion chopped

- ☐ 0.1 teaspoon salt
- ☐ 2 strips center-cut bacon chopped (such as Oscar Mayer)
- ☐ 0.3 cup water
- ☐ 1.5 ounce bread white hearty

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Cook bacon in a large saucepan over medium heat until crisp.
- ☐ Remove bacon from pan, reserving 1 teaspoon of drippings in pan; crumble bacon. Set aside.
- ☐ Add corn, chopped onion, and celery; cook 2 minutes, stirring occasionally. Stir in water, and bring to a boil. Cover, reduce heat, and simmer 5 minutes.
- ☐ Crumble 2 Corn Bread Muffins into a large bowl.
- ☐ Place white bread in a food processor, and pulse until coarse crumbs form. Stir into the crumbled Corn Bread Muffins.
- ☐ Add corn mixture, sage, thyme, black pepper, salt, and bacon; stir to combine.
- ☐ Add broth; stir gently to coat.
- ☐ Place mixture in a (1-quart) baking dish coated with cooking spray.
- ☐ Bake at 350 for 30 minutes.
- ☐ Totals include 2 Corn Bread Muffins.

Nutrition Facts



 **PROTEIN 10.81%**  **FAT 42.3%**  **CARBS 46.89%**

Properties

Glycemic Index:52.69, Glycemic Load:4.02, Inflammation Score:-8, Nutrition Score:11.087391287088%

Flavonoids

Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg 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

Nutrients (% of daily need)

Calories: 226.58kcal (11.33%), Fat: 10.76g (16.56%), Saturated Fat: 3.7g (23.12%), Carbohydrates: 26.84g (8.95%), Net Carbohydrates: 25.02g (9.1%), Sugar: 7.03g (7.81%), Cholesterol: 28.98mg (9.66%), Sodium: 489.59mg (21.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.18g (12.37%), Copper: 3.1mg (155.15%), Phosphorus: 178.97mg (17.9%), Manganese: 0.31mg (15.74%), Vitamin B1: 0.2mg (13.28%), Selenium: 9.2µg (13.14%), Vitamin B3: 2.28mg (11.41%), Folate: 40.7µg (10.17%), Calcium: 81.38mg (8.14%), Iron: 1.43mg (7.96%), Fiber: 1.81g (7.25%), Vitamin B2: 0.12mg (6.94%), Vitamin B6: 0.12mg (6.13%), Magnesium: 22.39mg (5.6%), Potassium: 184.21mg (5.26%), Vitamin B5: 0.51mg (5.12%), Vitamin C: 3.8mg (4.61%), Zinc: 0.66mg (4.39%), Vitamin A: 167.2IU (3.34%), Vitamin K: 3.28µg (3.12%), Vitamin B12: 0.19µg (3.12%), Vitamin E: 0.29mg (1.91%)