



Rustic Corn Dressing

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



532 kcal

SIDE DISH

Ingredients

- ☐ 1 pound bacon smoked with Nueske's)
- ☐ 0.5 cup butter melted
- ☐ 1.5 cups celery chopped
- ☐ 1 large eggs lightly beaten
- ☐ 4 cloves garlic chopped
- ☐ 2 cups onion chopped
- ☐ 1.5 cups pecans toasted coarsely chopped
- ☐ 1 teaspoon pepper freshly ground

- ☐ 0.5 teaspoon salt
- ☐ 12 ounces pepperidge farm sage and onion stuffing stuffing with pepperidge farm cubed country-style stuffing)
- ☐ 2 cups turkey broth
- ☐ 29 ounce kernel corn whole drained canned ()

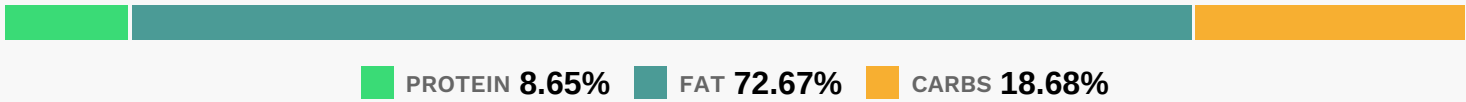
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Press corn between several layers of paper towels to remove excess moisture. Set aside.
- ☐ Cook bacon in a large skillet over medium heat until crisp; remove bacon, reserving 2 tablespoons drippings in skillet. Crumble bacon; set aside.
- ☐ Add corn to skillet; toss to coat. Cook over high heat, stirring constantly, until corn is roasted in appearance.
- ☐ Transfer to a large bowl.
- ☐ Cook onion, celery, and garlic in butter in large skillet over medium-high heat, stirring constantly, until tender.
- ☐ Transfer to large bowl.
- ☐ Add stuffing, crumbled bacon, and pecans, stirring well.
- ☐ Add egg, desired amount of broth, salt, and pepper to stuffing mixture; stir gently.
- ☐ Spoon dressing into a lightly greased 13" x 9" pan.
- ☐ Bake, uncovered, at 325 for 1 hour or until well browned.

Nutrition Facts



Properties

Glycemic Index:13.1, Glycemic Load:0.93, Inflammation Score:-7, Nutrition Score:13.460869597352%

Flavonoids

Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg

Nutrients (% of daily need)

Calories: 531.97kcal (26.6%), Fat: 43.66g (67.17%), Saturated Fat: 9.89g (61.83%), Carbohydrates: 25.25g (8.42%), Net Carbohydrates: 21.83g (7.94%), Sugar: 3.16g (3.51%), Cholesterol: 49.48mg (16.49%), Sodium: 1015.66mg (44.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.69g (23.38%), Manganese: 0.97mg (48.5%), Selenium: 28.8µg (41.15%), Vitamin B1: 0.33mg (21.68%), Phosphorus: 188.06mg (18.81%), Vitamin B3: 3.36mg (16.82%), Copper: 0.3mg (15%), Folate: 54.77µg (13.69%), Fiber: 3.42g (13.67%), Vitamin A: 636.21IU (12.72%), Vitamin B6: 0.24mg (12.16%), Zinc: 1.79mg (11.93%), Magnesium: 45.27mg (11.32%), Potassium: 391.12mg (11.17%), Vitamin B2: 0.18mg (10.62%), Vitamin K: 10.16µg (9.68%), Vitamin E: 1.37mg (9.16%), Iron: 1.41mg (7.83%), Vitamin B5: 0.6mg (5.97%), Vitamin C: 4.81mg (5.83%), Calcium: 50.88mg (5.09%), Vitamin B12: 0.3µg (4.92%), Vitamin D: 0.28µg (1.88%)