



WHATShEATE



Sage Cornbread Dressing

READY IN



47 min.

SERVINGS



10

CALORIES



247 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 cup celery chopped
- ☐ 2.5 cups chicken broth
- ☐ 12 oz buttermilk cornbread mix
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 10 servings garnish: sage leaves fresh
- ☐ 0.3 teaspoon salt

- ☐ 4 slices bread white cut into 1/2-inch cubes (2 cups)
- ☐ 1 tablespoon or dried fresh chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil
- ☐ slotted spoon

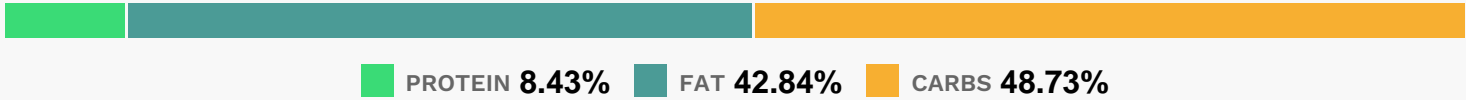
Directions

- ☐ Prepare cornbread according to package directions for a double recipe.
- ☐ Let cool 30 minutes; crumble into a large bowl.
- ☐ Melt 1/3 cup butter in a large skillet over medium heat; add chopped celery and onion, and saut 10 to 12 minutes or until tender. Stir in sage, pepper, and salt. Stir celery mixture and bread cubes into crumbled cornbread in bowl, stirring gently until blended.
- ☐ Add chicken broth and eggs, and gently stir until moistened. Spoon mixture into a lightly greased 11- x 7-inch baking dish.
- ☐ Bake at 350 for 45 to 50 minutes or until golden brown.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used Martha White Cotton Country Cornbread
- ☐ Mix. To make ahead, prepare recipe as directed through Step Cover with plastic wrap; cover with heavy-duty aluminum foil or container lid. Freeze unbaked dressing up to 3 months, if desired. Thaw in refrigerator 24 hours.
- ☐ Let stand at room temperature 30 minutes.
- ☐ Bake, uncovered, at 350 for 1 hour and 10 minutes to 1 hour and 15 minutes or until golden.
- ☐ Sausage Dressing: Prepare recipe as directed through Step Omit 1/3 cup butter. Cook 1 (16-oz.) package pork sausage in a large skillet over medium-high heat, stirring often, 10 to 12

minutes or until meat crumbles and is no longer pink.

- ☐
- Remove cooked sausage from skillet using a slotted spoon, and drain, reserving 2 tsp. drippings in skillet.
- ☐
- Add chopped celery and onion, and saute 10 to 12 minutes or until vegetables are tender; stir in sage, pepper, and salt. Stir in cooked sausage. Proceed with recipe as directed. Follow make-ahead directions, if desired.
- ☐
- Oyster Dressing: Prepare recipe as directed through Step 2, stirring 1 (12-oz.) container fresh oysters, drained, into cornbread mixture. Proceed with recipe as directed, increasing bake time to 50 to 55 minutes or until golden. Follow make-ahead directions, if desired.

Nutrition Facts



Properties

Glycemic Index:21.58, Glycemic Load:3.73, Inflammation Score:-4, Nutrition Score:7.4269565032876%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 246.83kcal (12.34%), Fat: 11.78g (18.12%), Saturated Fat: 5.37g (33.55%), Carbohydrates: 30.14g (10.05%), Net Carbohydrates: 27.29g (9.92%), Sugar: 8.23g (9.14%), Cholesterol: 55.32mg (18.44%), Sodium: 673.04mg (29.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.43%), Phosphorus: 206.72mg (20.67%), Vitamin B1: 0.22mg (14.68%), Folate: 53.39µg (13.35%), Vitamin B2: 0.21mg (12.25%), Manganese: 0.24mg (12.01%), Fiber: 2.85g (11.39%), Selenium: 7.7µg (11%), Copper: 0.19mg (9.49%), Vitamin B3: 1.81mg (9.03%), Vitamin K: 8.86µg (8.44%), Iron: 1.51mg (8.4%), Vitamin A: 341.34IU (6.83%), Calcium: 60.19mg (6.02%), Vitamin B6: 0.09mg (4.64%), Vitamin B5: 0.42mg (4.2%), Magnesium: 15.81mg (3.95%), Potassium: 117.93mg (3.37%), Zinc: 0.5mg (3.31%), Vitamin E: 0.43mg (2.84%), Vitamin B12: 0.14µg (2.4%), Vitamin D: 0.2µg (1.33%), Vitamin C: 1mg (1.22%)