



Sausage and Cornbread Dressing

READY IN



110 min.

SERVINGS



12

CALORIES



353 kcal

SIDE DISH

Ingredients

- ☐ 2 apples cored chopped
- ☐ 4 stalks celery diced
- ☐ 0.8 cup chicken broth
- ☐ 16 ounce corn bread mix
- ☐ 0.5 teaspoon rosemary dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 onions chopped

- ☐ 1 pound spicy pork sausage
- ☐ 2 teaspoons rubbed sage
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup butter unsalted melted
- ☐ 2 tablespoons vegetable oil

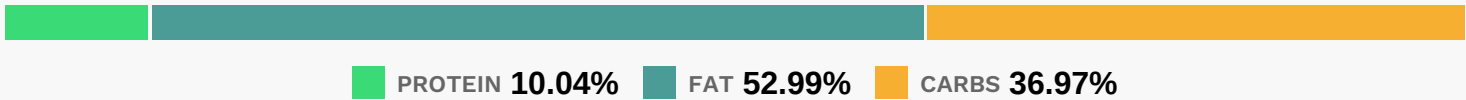
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Bake cornbread according to package directions. Cool and crumble into a large bowl.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Heat oil in a large skillet over medium-high heat. Cook sausage until brown and crumbly, remove from the skillet but keep the oil in the pan.
- ☐ Add onions, apples and celery; cook stirring occasionally until tender, about 5 minutes.
- ☐ Toss the cooked mixture and the sausage into the bowl with the crumbled cornbread. Stir in the chicken broth and melted butter. Season with parsley, sage, thyme, rosemary salt and pepper. Blend well and press into a 9x13 inch baking dish.
- ☐ Bake in the preheated oven for 35 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:21.08, Glycemic Load:1.56, Inflammation Score:-5, Nutrition Score:9.6200001136116%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Apigenin: 3.08mg, Apigenin: 3.08mg, Apigenin: 3.08mg, Apigenin: 3.08mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg

Nutrients (% of daily need)

Calories: 353.45kcal (17.67%), Fat: 20.88g (32.13%), Saturated Fat: 7.3g (45.6%), Carbohydrates: 32.78g (10.93%), Net Carbohydrates: 28.99g (10.54%), Sugar: 11.88g (13.2%), Cholesterol: 38.43mg (12.81%), Sodium: 713.57mg (31.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.9g (17.81%), Vitamin K: 32.76µg (31.2%), Phosphorus: 250.34mg (25.03%), Vitamin B1: 0.29mg (19.1%), Vitamin B3: 3.19mg (15.93%), Fiber: 3.79g (15.14%), Folate: 46.95µg (11.74%), Vitamin B2: 0.18mg (10.66%), Vitamin B6: 0.21mg (10.52%), Manganese: 0.19mg (9.37%), Iron: 1.62mg (8.99%), Zinc: 1.13mg (7.52%), Vitamin A: 375.13IU (7.5%), Potassium: 242.18mg (6.92%), Vitamin C: 5.16mg (6.25%), Vitamin B12: 0.37µg (6.1%), Vitamin B5: 0.52mg (5.21%), Magnesium: 20.29mg (5.07%), Copper: 0.08mg (4.15%), Calcium: 41.13mg (4.11%), Vitamin D: 0.56µg (3.75%), Vitamin E: 0.54mg (3.61%), Selenium: 2.37µg (3.39%)