



## Sausage-Corn Bread Dressing

READY IN



45 min.

SERVINGS



12

CALORIES



329 kcal

SIDE DISH

### Ingredients

- ☐ 3 cups unseasoned bread cubes white toasted
- ☐ 1.8 cups celery chopped ( 5 stalks)
- ☐ 15 ounce corn muffin mix
- ☐ 0.5 cup egg substitute
- ☐ 4 cups less-sodium chicken broth fat-free
- ☐ 1 cup milk fat-free
- ☐ 2 cups onion chopped ( 2 medium)
- ☐ 1 teaspoon pepper
- ☐ 2 teaspoons rubbed sage

☐ 1 pound turkey breakfast sausage

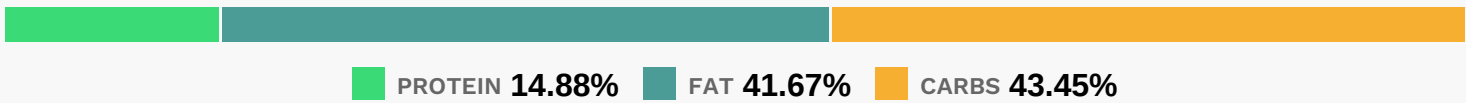
Equipment

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

Directions

- ☐ Preheat oven to 40
- ☐ Prepare muffin mix according to package directions for corn bread, using fat-free milk.
- ☐ Let cool; crumble and set aside.
- ☐ Coat a large nonstick skillet with cooking spray.
- ☐ Place over medium heat until hot.
- ☐ Add sausage, onion, and celery; cook until sausage is browned and vegetables are tender, stirring until sausage crumbles.
- ☐ Drain and pat dry with paper towels.
- ☐ Combine corn bread, bread cubes, sage, and pepper in a large bowl; stir in sausage mixture.
- ☐ Add chicken broth and egg substitute, stirring well. Spoon mixture into a 13- x 9-inch baking dish coated with cooking spray. Reduce oven temperature to 350, and bake, uncovered, for 1 hour or until browned.
- ☐ Serve warm.
- ☐ Tip: Look for packages of corn muffin mix (such as Martha White) that are prepared with only milk or water.

Nutrition Facts



Properties

Glycemic Index:17.58, Glycemic Load:4.54, Inflammation Score:-5, Nutrition Score:11.486086907594%

Flavonoids

Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 329.36kcal (16.47%), Fat: 15.19g (23.37%), Saturated Fat: 4.55g (28.43%), Carbohydrates: 35.63g (11.88%), Net Carbohydrates: 32.03g (11.65%), Sugar: 10.68g (11.87%), Cholesterol: 28.54mg (9.51%), Sodium: 946.78mg (41.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.21g (24.41%), Phosphorus: 291.29mg (29.13%), Vitamin B1: 0.36mg (23.81%), Vitamin B3: 4.29mg (21.43%), Manganese: 0.36mg (18.06%), Selenium: 12.42µg (17.74%), Vitamin B2: 0.28mg (16.17%), Folate: 58.44µg (14.61%), Fiber: 3.6g (14.41%), Vitamin B6: 0.26mg (12.81%), Iron: 2.22mg (12.33%), Vitamin B12: 0.66µg (10.95%), Zinc: 1.44mg (9.6%), Vitamin B5: 0.94mg (9.4%), Calcium: 91.42mg (9.14%), Potassium: 311.24mg (8.89%), Vitamin K: 7.61µg (7.25%), Magnesium: 28.89mg (7.22%), Vitamin D: 0.88µg (5.84%), Copper: 0.11mg (5.53%), Vitamin A: 202.09IU (4.04%), Vitamin C: 2.81mg (3.41%), Vitamin E: 0.36mg (2.41%)