



## Sausage-Cornbread Dressing

 Dairy Free

READY IN



45 min.

SERVINGS



27

CALORIES



249 kcal

SIDE DISH

### Ingredients

- 6 slices bread cut into 1-inch cubes
- 0.5 pound bulk pork sausage
- 0.5 cup butter
- 2 cups celery chopped
- 6 cups cornbread crumbs
- 1 medium onion finely chopped
- 0.5 teaspoon pepper
- 0.5 teaspoon salt

- 0.3 cup water
- 2 cups water cold

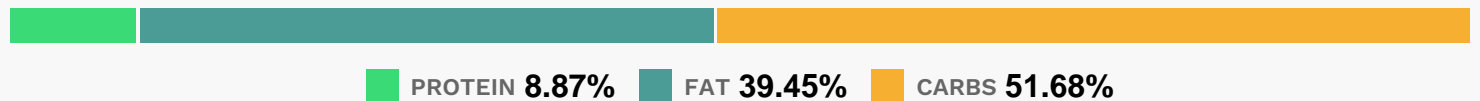
## Equipment

- frying pan
- sauce pan
- mixing bowl

## Directions

- Place reserved giblets in saucepan with water; cover, and simmer 1 to 2 hours or until giblets are tender.
- Remove from broth, reserving 1 cup broth. Chop giblets; set aside.
- Combine cornbread and bread cubes in a large mixing bowl; add water, salt, and pepper. Set aside.
- Melt butter in a large skillet; add sausage, celery, and onion. Saut 3 minutes. Cover, and cook an additional 30 minutes or until sausage is browned and vegetables are tender; stir frequently.
- Remove from heat; stir into bread mixture.
- Add reserved gibleth broth and giblets, mixing well.

## Nutrition Facts



## Properties

Glycemic Index:6.58, Glycemic Load:1.71, Inflammation Score:-3, Nutrition Score:6.1730434505836%

## Flavonoids

Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

## Nutrients (% of daily need)

Calories: 249.08kcal (12.45%), Fat: 10.95g (16.84%), Saturated Fat: 3.45g (21.57%), Carbohydrates: 32.27g (10.76%), Net Carbohydrates: 30.62g (11.13%), Sugar: 9.04g (10.05%), Cholesterol: 36.02mg (12.01%), Sodium: 487.63mg (21.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.54g (11.07%), Phosphorus: 228.94mg (22.89%), Manganese: 0.21mg (10.46%), Vitamin B1: 0.15mg (10.16%), Folate: 37.8µg (9.45%), Selenium: 6.42µg (9.17%), Vitamin B3: 1.82mg (9.12%), Calcium: 85.48mg (8.55%), Vitamin B2: 0.12mg (7.35%), Iron: 1.32mg (7.32%), Fiber: 1.66g (6.63%), Vitamin A: 277.94IU (5.56%), Vitamin B6: 0.09mg (4.41%), Vitamin B5: 0.44mg (4.4%), Vitamin K: 4.55µg (4.34%), Zinc: 0.62mg (4.12%), Potassium: 127.2mg (3.63%), Magnesium: 14.28mg (3.57%), Vitamin B12: 0.2µg (3.28%), Copper: 0.06mg (3.05%), Vitamin E: 0.45mg (2.98%)