



Savory Cornbread Stuffing

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



421 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 5 cups bread whole-wheat cut into 1/2-inch cubes
- ☐ 0.5 cup carrots finely chopped
- ☐ 0.5 cup celery finely chopped
- ☐ 1 recipe cornbread crumbs homemade
- ☐ 1.5 teaspoons thyme leaves dried
- ☐ 3 large eggs
- ☐ 15.8 ounce chicken broth fat-free low-sodium canned

- ☐ 1.5 tablespoons sage fresh chopped
- ☐ 3 tablespoons olive oil
- ☐ 1.5 cups onion finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 8 tablespoons butter unsalted melted

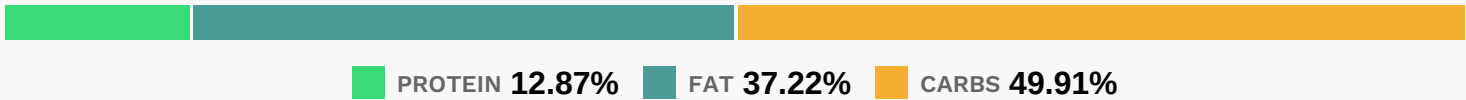
Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Place oil in a large nonstick skillet over medium heat; add onion, celery, and carrot. Cook 10 minutes, stirring frequently. Stir in sage, thyme, salt, and pepper.
- ☐ Remove from heat.
- ☐ Whisk butter, eggs, and broth in a large bowl.
- ☐ Add onion mixture, whole-wheat cubes, and cornbread crumbs; toss. Spoon into a 13 x 9-inch baking dish coated with cooking spray. Cover and bake at 350 for 20 minutes. Uncover; bake 20 minutes more, or until top is toasted.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:25.77, Inflammation Score:-8, Nutrition Score:21.55695665401%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 420.71kcal (21.04%), Fat: 17.52g (26.95%), Saturated Fat: 6.65g (41.54%), Carbohydrates: 52.86g (17.62%), Net Carbohydrates: 48.12g (17.5%), Sugar: 7.71g (8.57%), Cholesterol: 69.42mg (23.14%), Sodium: 631.1mg (27.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.63g (27.25%), Copper: 2.47mg (123.32%), Manganese: 1.32mg (66.16%), Selenium: 32.89µg (46.98%), Vitamin B3: 6.23mg (31.15%), Vitamin B1: 0.44mg (29.11%), Folate: 99.38µg (24.85%), Vitamin A: 1226.5IU (24.53%), Iron: 4.27mg (23.74%), Vitamin B2: 0.34mg (20.06%), Phosphorus: 194.21mg (19.42%), Fiber: 4.74g (18.94%), Calcium: 156.49mg (15.65%), Magnesium: 48.12mg (12.03%), Vitamin K: 12.11µg (11.53%), Vitamin B5: 1.09mg (10.9%), Zinc: 1.34mg (8.94%), Vitamin B6: 0.17mg (8.72%), Vitamin E: 1.13mg (7.5%), Potassium: 259.72mg (7.42%), Vitamin B12: 0.18µg (2.93%), Vitamin C: 2.19mg (2.65%), Vitamin D: 0.39µg (2.6%)