



WHATSheATE



## Shortcut Cornbread Dressing



Dairy Free

READY IN



86 min.

SERVINGS



10

CALORIES



296 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 cup butter
- ☐ 6 oz biscuits refrigerated canned
- ☐ 1.5 cups celery chopped
- ☐ 5 cups chicken broth
- ☐ 12 oz just-add-water cornbread mix (with martha white)
- ☐ 4 large eggs lightly beaten
- ☐ 2 cups onion chopped
- ☐ 1.5 teaspoons pepper

- ☐ 2 teaspoons rubbed sage
- ☐ 0.8 teaspoon salt

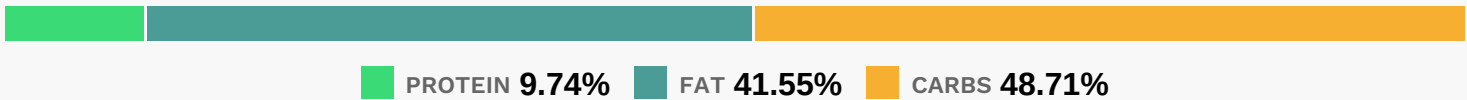
## Equipment

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

## Directions

- ☐ Prepare cornbread mix and biscuits according to package directions; let cool. Crumble cornbread and biscuits in a large bowl. Set aside.
- ☐ Melt butter in a large skillet over medium-high heat; add onion and celery, and saut until tender.
- ☐ Add sauted vegetables, broth, and remaining ingredients to crumbled cornbread; stir well. Spoon dressing into a lightly greased 13" x 9" baking dish.
- ☐ Bake, uncovered, at 350 for 55 minutes or until browned.
- ☐ Make-Ahead Note: Prepare recipe as directed; do not bake. Cover and freeze dressing up to 3 months or refrigerate up to 24 hours.
- ☐ Remove from refrigerator; let stand 30 minutes. Uncover and bake as directed.

## Nutrition Facts



## Properties

Glycemic Index:15.6, Glycemic Load:5.98, Inflammation Score:-5, Nutrition Score:9.6756521515224%

## Flavonoids

Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg

6.56mg, Quercetin: 6.56mg

Nutrients (% of daily need)

Calories: 296.48kcal (14.82%), Fat: 13.74g (21.14%), Saturated Fat: 3.09g (19.31%), Carbohydrates: 36.25g (12.08%), Net Carbohydrates: 32.95g (11.98%), Sugar: 9.65g (10.73%), Cholesterol: 77.6mg (25.87%), Sodium: 1143.88mg (49.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.25g (14.5%), Phosphorus: 298.51mg (29.85%), Vitamin B2: 0.32mg (18.99%), Vitamin B1: 0.27mg (17.97%), Selenium: 11.95µg (17.07%), Manganese: 0.33mg (16.49%), Folate: 64.64µg (16.16%), Fiber: 3.3g (13.21%), Iron: 1.98mg (10.99%), Vitamin B3: 2.07mg (10.35%), Vitamin A: 424.29IU (8.49%), Vitamin K: 7.86µg (7.49%), Vitamin B6: 0.14mg (6.85%), Potassium: 218.02mg (6.23%), Vitamin B5: 0.62mg (6.17%), Calcium: 60.52mg (6.05%), Vitamin E: 0.76mg (5.09%), Magnesium: 20.27mg (5.07%), Copper: 0.1mg (4.86%), Zinc: 0.69mg (4.63%), Vitamin B12: 0.26µg (4.36%), Vitamin C: 2.89mg (3.5%), Vitamin D: 0.4µg (2.67%)