



Southern Corn Bread Dressing

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



358 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce biscuits refrigerated canned
- ☐ 1 cup celery chopped
- ☐ 10 servings speckled corn bread
- ☐ 2 large egg whites lightly beaten
- ☐ 42 ounce low-salt chicken broth canned
- ☐ 1 teaspoon butter
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon pepper

- ☐ 1 teaspoon poultry seasoning
- ☐ 2 tablespoons rubbed sage

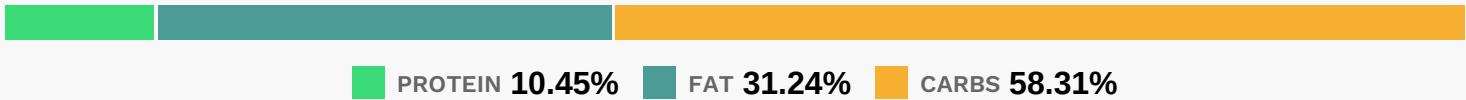
Equipment

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

Directions

- ☐ Crumble Speckled Corn Bread; set aside.
- ☐ Bake biscuits according to package directions; let cool. Tear 8 of the biscuits into small pieces; reserve remaining 2 for another use.
- ☐ Combine crumbled corn bread, torn biscuits, sage, poultry seasoning, and pepper in a large bowl; set aside.
- ☐ Preheat oven to 35
- ☐ Melt margarine over medium-high heat in a medium nonstick skillet coated with cooking spray. Saut celery and onion 8 minutes or until tender.
- ☐ Let cool slightly.
- ☐ Add vegetable mixture to dressing mixture, and gently stir in broth and egg whites. Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Bake at 350 for 55 minutes.

Nutrition Facts



Properties

Glycemic Index:15.6, Glycemic Load:10.82, Inflammation Score:-4, Nutrition Score:11.11869581886%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 358.06kcal (17.9%), Fat: 12.59g (19.37%), Saturated Fat: 3.43g (21.43%), Carbohydrates: 52.88g (17.63%), Net Carbohydrates: 50.43g (18.34%), Sugar: 11.81g (13.13%), Cholesterol: 34.54mg (11.51%), Sodium: 740.08mg (32.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.48g (18.96%), Phosphorus: 425.56mg (42.56%), Vitamin B3: 4.06mg (20.29%), Selenium: 13.09µg (18.7%), Vitamin B1: 0.27mg (18.18%), Manganese: 0.33mg (16.55%), Vitamin B2: 0.28mg (16.54%), Folate: 65.14µg (16.28%), Iron: 2.73mg (15.16%), Vitamin K: 15.19µg (14.47%), Calcium: 119.59mg (11.96%), Fiber: 2.45g (9.81%), Potassium: 325.3mg (9.29%), Copper: 0.15mg (7.47%), Vitamin B6: 0.12mg (5.97%), Magnesium: 22.87mg (5.72%), Vitamin E: 0.83mg (5.56%), Vitamin B12: 0.31µg (5.19%), Vitamin B5: 0.51mg (5.08%), Zinc: 0.75mg (5.02%), Vitamin A: 192.97IU (3.86%), Vitamin C: 1.71mg (2.07%)