



Southern Corn Bread Stuffing

READY IN



45 min.

SERVINGS



10

CALORIES



293 kcal

SIDE DISH

Ingredients

- ☐ 4 ounce day-old bread white cubed
- ☐ 0.5 cup celery diced
- ☐ 19 ounce corn bread mix
- ☐ 1 large eggs
- ☐ 1 large eggs lightly beaten
- ☐ 1 cup milk fat-free
- ☐ 0.5 teaspoon ground sage
- ☐ 1 cup onion diced
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 teaspoon poultry seasoning
- ☐ 14.5 ounce reduced sodium chicken broth fat-free canned

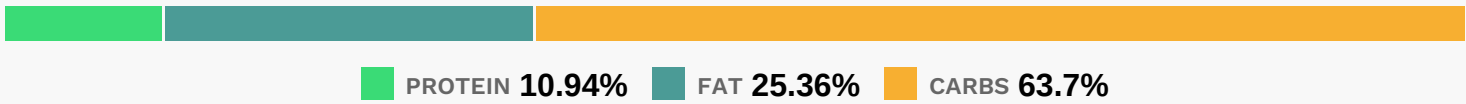
Equipment

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

Directions

- ☐ Preheat oven to 40
- ☐ Combine corn bread mix, milk, and egg in a large bowl, stirring well.
- ☐ Pour batter into an 8-inch square baking pan coated with cooking spray.
- ☐ Bake at 400 for 18 to 20 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Let corn bread cool slightly. Crumble corn bread into a large bowl; set aside. Reduce oven temperature to 37
- ☐ Coat a large nonstick skillet with cooking spray; add onion and celery. Cook, stirring constantly, 4 minutes or until tender.
- ☐ Add vegetables, beaten egg, sage, poultry seasoning, pepper, and cubed bread to crumbled corn bread.
- ☐ Add broth, stirring just until moistened.
- ☐ Pour mixture into a 1-quart baking dish, and bake, uncovered, at 375 for 30 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:19.9, Glycemic Load:4.73, Inflammation Score:-4, Nutrition Score:9.7526086983473%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 292.53kcal (14.63%), Fat: 8.23g (12.66%), Saturated Fat: 2.17g (13.56%), Carbohydrates: 46.52g (15.51%), Net Carbohydrates: 42.38g (15.41%), Sugar: 13.64g (15.15%), Cholesterol: 39.01mg (13%), Sodium: 535.46mg (23.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.99g (15.98%), Phosphorus: 340.66mg (34.07%), Vitamin B1: 0.31mg (20.93%), Folate: 72.89µg (18.22%), Fiber: 4.14g (16.56%), Vitamin B2: 0.27mg (15.96%), Vitamin B3: 2.98mg (14.89%), Manganese: 0.28mg (13.98%), Selenium: 9.32µg (13.31%), Iron: 2.07mg (11.52%), Calcium: 101.21mg (10.12%), Vitamin B6: 0.14mg (6.96%), Vitamin B5: 0.59mg (5.93%), Potassium: 202.09mg (5.77%), Magnesium: 23.03mg (5.76%), Vitamin B12: 0.32µg (5.34%), Vitamin K: 5.26µg (5.01%), Copper: 0.1mg (4.9%), Zinc: 0.72mg (4.83%), Vitamin A: 192.23IU (3.84%), Vitamin D: 0.47µg (3.13%), Vitamin C: 1.41mg (1.71%), Vitamin E: 0.24mg (1.57%)