



Southern Cornbread Dressing

 Dairy Free

READY IN

ready

105 min.

SERVINGS

servings

18

CALORIES

calories

264 kcal

SIDE DISH

Ingredients

- ☐ 1 pound day-old bread white
- ☐ 0.5 cup celery chopped
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 16 ounce corn bread mix dry
- ☐ 6 eggs
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper black
- ☐ 4 tablespoons butter

- ☐ 0.5 cup onions chopped
- ☐ 2 teaspoons poultry seasoning
- ☐ 4 chicken breast halves boneless skinless

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ potato masher

Directions

- ☐ Place the chicken breast halves in a large saucepan with enough water to cover. Bring to a boil. Cook 1 hour, or until the meat is tender and easily shredded. Shred chicken and set aside. Reserve 4 to 6 cups of the remaining broth.
- ☐ Prepare an 8x8 inch pan of cornbread according to package directions. Crumble the corn bread into a large bowl.
- ☐ Mix in the white bread.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium saucepan over medium heat, melt the margarine and stir in the onions and celery. Slowly cook, stirring occasionally, until tender.
- ☐ Stir the onions and celery into the bread mixture.
- ☐ Mix in the chicken, 4 cups reserved broth, cream of chicken soup, garlic powder, poultry seasoning, pepper and eggs. Blend with a potato masher until the mixture is the consistency of gelatin. Use more of the reserved broth as necessary to attain desired consistency.
- ☐ Transfer to a 9x13 inch baking dish.
- ☐ Bake in the preheated oven 30 minutes, or until golden brown.

Nutrition Facts



 PROTEIN **18.16%**  FAT **32.87%**  CARBS **48.97%**

Properties

Glycemic Index:11.88, Glycemic Load:9.47, Inflammation Score:-4, Nutrition Score:10.064347751763%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 263.64kcal (13.18%), Fat: 9.53g (14.67%), Saturated Fat: 2.41g (15.03%), Carbohydrates: 31.95g (10.65%), Net Carbohydrates: 29.57g (10.75%), Sugar: 6.85g (7.61%), Cholesterol: 72.49mg (24.16%), Sodium: 526.74mg (22.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.85g (23.7%), Selenium: 20.17µg (28.82%), Phosphorus: 241.96mg (24.2%), Vitamin B3: 4.76mg (23.8%), Vitamin B1: 0.26mg (17.55%), Folate: 61.85µg (15.46%), Vitamin B6: 0.28mg (13.98%), Manganese: 0.28mg (13.95%), Vitamin B2: 0.23mg (13.73%), Iron: 2.11mg (11.7%), Fiber: 2.38g (9.52%), Vitamin B5: 0.89mg (8.87%), Calcium: 84.93mg (8.49%), Magnesium: 23.27mg (5.82%), Potassium: 197mg (5.63%), Vitamin A: 276.9IU (5.54%), Zinc: 0.77mg (5.13%), Copper: 0.1mg (4.86%), Vitamin K: 4.82µg (4.59%), Vitamin B12: 0.21µg (3.44%), Vitamin E: 0.5mg (3.32%), Vitamin D: 0.32µg (2.12%)