



Southern Cornbread Stuffing

READY IN



110 min.

SERVINGS



8

CALORIES



461 kcal

SIDE DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 7 slices oven-dried bread white
- ☐ 8 tablespoons butter
- ☐ 0.8 cup buttermilk
- ☐ 2 cups celery chopped
- ☐ 7 cups chicken stock see
- ☐ 1 cup self-rising cornmeal
- ☐ 2 eggs
- ☐ 5 eggs beaten

- ☐ 1 large onion chopped
- ☐ 1 tablespoon poultry seasoning
- ☐ 1 teaspoon sage
- ☐ 1 teaspoon salt
- ☐ 1 sleeve saltine crackers
- ☐ 0.5 cup self-rising flour
- ☐ 2 tablespoons vegetable oil

Equipment

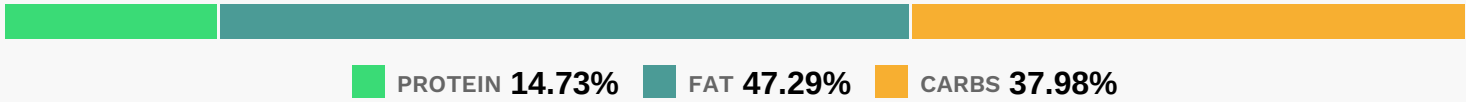
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ In a large bowl, combine crumbled cornbread, dried white bread slices, and saltines; set aside.
- ☐ Melt the butter in a large skillet over medium heat.
- ☐ Add the celery and onion and cook until transparent, approximately 5 to 10 minutes.
- ☐ Pour the vegetable mixture over cornbread mixture.
- ☐ Add the stock, mix well, taste, and add salt, pepper to taste, sage, and poultry seasoning.
- ☐ Add beaten eggs and mix well. Reserve 2 heaping tablespoons of this mixture for the giblet gravy.
- ☐ Pour mixture into a greased pan and bake until dressing is cooked through, about 45 minutes.
- ☐ Serve with turkey as a side dish.
- ☐ Preheat oven to 350 degrees F.
- ☐ Combine all ingredients and mix well.
- ☐ Pour batter into a greased shallow baking dish.
- ☐ Bake for approximately 20 to 25 minutes.

- ☐ Remove from oven and let cool.
- ☐ To serve, cut into desired squares and serve with butter.

Nutrition Facts



Properties

Glycemic Index:45.77, Glycemic Load:19.42, Inflammation Score:-6, Nutrition Score:18.293913115626%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 461.45kcal (23.07%), Fat: 24.24g (37.29%), Saturated Fat: 10.47g (65.42%), Carbohydrates: 43.8g (14.6%), Net Carbohydrates: 39.93g (14.52%), Sugar: 7.46g (8.29%), Cholesterol: 182.1mg (60.7%), Sodium: 900.78mg (39.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.98g (33.97%), Copper: 1.03mg (51.28%), Selenium: 29.04µg (41.48%), Manganese: 0.62mg (30.95%), Vitamin B2: 0.51mg (29.74%), Vitamin B3: 5.45mg (27.27%), Phosphorus: 252.3mg (25.23%), Vitamin B6: 0.4mg (19.89%), Vitamin K: 20.86µg (19.87%), Vitamin B1: 0.29mg (19.03%), Folate: 74.16µg (18.54%), Iron: 3mg (16.66%), Fiber: 3.87g (15.47%), Potassium: 513.19mg (14.66%), Vitamin A: 729.29IU (14.59%), Magnesium: 55.28mg (13.82%), Zinc: 1.92mg (12.77%), Vitamin B5: 1.13mg (11.33%), Calcium: 111.81mg (11.18%), Vitamin E: 1.32mg (8.81%), Vitamin B12: 0.47µg (7.84%), Vitamin D: 1.06µg (7.08%), Vitamin C: 2.7mg (3.27%)