



## Southwest Cornbread and Chorizo Dressing

 Gluten Free

READY IN



150 min.

SERVINGS



12

CALORIES



163 kcal

### Ingredients

- ☐ 2 tablespoons firmly brown sugar dark packed
- ☐ 1.3 lb butternut squash
- ☐ 1 pound chorizo sausage (see notes)
- ☐ 2 large eggs
- ☐ 1 cup fat-skimmed chicken broth
- ☐ 9 oz fennel head fresh
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon sage leaves fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped

- ☐ 1 pound mushrooms
- ☐ 6 oz onion
- ☐ 8 oz bell pepper red
- ☐ 0.1 lb butter unsalted

## Equipment

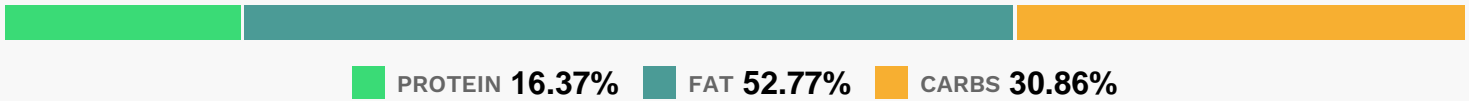
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ aluminum foil

## Directions

- ☐ Peel and seed squash.
- ☐ Cut into 1-inch chunks; you should have about 3 cups. In a 3- to 4-quart pan over high heat, combine 1/2 cup water with brown sugar and the squash. Bring to a boil, cover, reduce heat to medium, and cook, stirring once, until squash is almost tender when pierced, 8 to 10 minutes. Uncover and cook, occasionally stirring gently, until most of the water is evaporated, 3 to 5 minutes longer.
- ☐ Remove from heat and let cool.
- ☐ Peel and chop onion. Rinse, stem, seed, and chop bell pepper. Rinse fennel and trim off and discard base of head and tough stalks. Chop enough fennel to make about 1 cup. Rinse mushrooms and slice 1/4 inch thick.
- ☐ Squeeze sausage from casings and break into chunks into a 12-inch frying pan or 5- to 6-quart pan over medium-high heat; stir often until lightly browned and crumbly, 7 to 10 minutes.
- ☐ Pour sausage into a wire strainer to drain; discard fat.
- ☐ Preheat oven to 35

- ☐ Add butter to unwashed pan over medium-high heat; when melted, add onion, bell pepper, and fennel and stir often until vegetables begin to soften, 7 to 8 minutes.
- ☐ Add mushrooms and stir until limp, about 3 minutes.
- ☐ Remove from heat and stir in sausage, cilantro, sage, and thyme.
- ☐ Add squash.
- ☐ In a large bowl, whisk together eggs and broth. Break cornbread into 1/2-inch chunks and drop into bowl.
- ☐ Add sausage mixture and stir gently to combine. Scrape dressing into a buttered 9- by 13-inch baking dish and cover with foil.
- ☐ Bake until hot in the center, 40 to 50 minutes. Uncover and bake until top is crisp and golden brown, 10 to 15 minutes longer.
- ☐ Cornbread: Preheat oven to 40
- ☐ In a bowl, mix 2 boxes (8 1/2 oz. each) corn muffin mix, 3/4 cup milk, and 2 large eggs until blended but still slightly lumpy.
- ☐ Pour batter into a buttered 9- by 13-inch baking pan.
- ☐ Bake until top is golden brown, 15 to 20 minutes.
- ☐ Let cornbread cool in pan on a rack.

## Nutrition Facts



## Properties

Glycemic Index:17.75, Glycemic Load:1.23, Inflammation Score:-10, Nutrition Score:18.164347980333%

## Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

## Nutrients (% of daily need)

Calories: 163.33kcal (8.17%), Fat: 9.94g (15.29%), Saturated Fat: 5.82g (36.35%), Carbohydrates: 13.07g (4.36%), Net Carbohydrates: 10.32g (3.75%), Sugar: 6.03g (6.7%), Cholesterol: 67.83mg (22.61%), Sodium: 107.2mg (4.66%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.88%), Vitamin A: 6069.37IU (121.39%), Copper: 1.71mg (85.43%), Vitamin C: 46.48mg (56.34%), Vitamin K: 17.28µg (16.45%), Vitamin B2: 0.24mg (13.89%), Potassium: 465.24mg (13.29%), Manganese: 0.26mg (13.09%), Vitamin B3: 2.4mg (12.02%), Fiber: 2.76g (11.02%), Vitamin B6: 0.21mg (10.74%), Vitamin B5: 1.05mg (10.46%), Folate: 41.25µg (10.31%), Selenium: 7.04µg (10.06%), Phosphorus: 88.67mg (8.87%), Vitamin E: 1.32mg (8.82%), Iron: 1.55mg (8.64%), Magnesium: 30.19mg (7.55%), Vitamin B1: 0.1mg (6.92%), Calcium: 60.74mg (6.07%), Zinc: 0.52mg (3.47%), Vitamin B12: 0.14µg (2.25%), Vitamin D: 0.31µg (2.09%)