



Southwestern Cornbread Stuffing from Del Monte

 Dairy Free

READY IN



40 min.

SERVINGS



16

CALORIES



203 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 2 medium celery stalks sliced
- 15.3 ounce del monte® kernel corn whole no salt added drained canned
- 3 tablespoons parsley fresh chopped
- 4 ounce chilies diced green drained canned
- 14.5 ounce college inn® & chicken broth less sodium light fat free 50% canned
- 2 cups onion chopped

- 0.5 teaspoon oregano leaves dried
- 0.5 cup pecans toasted chopped
- 0.5 teaspoon poultry seasoning
- 6 cups cornbread stuffing crumbs dry

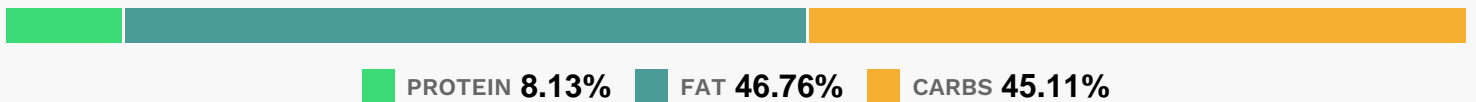
Equipment

- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F. Melt butter in a large saucepan over medium heat. Cook the onion and celery until tender, stirring frequently.
- Stir in the broth, corn, chilies, parsley, poultry seasoning and oregano; mix well.
- Add the cornbread crumbs and nuts; gently toss until just moistened.
- Spoon into a 13-inch by 9-inch baking pan, cover and bake 30 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:9.44, Glycemic Load:0.67, Inflammation Score:-6, Nutrition Score:9.9630435057308%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 1.63mg, Apigenin: 1.63mg, Apigenin: 1.63mg, Apigenin: 1.63mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin:

0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 202.62kcal (10.13%), Fat: 10.86g (16.71%), Saturated Fat: 1.93g (12.07%), Carbohydrates: 23.58g (7.86%), Net Carbohydrates: 20.02g (7.28%), Sugar: 4.19g (4.66%), Cholesterol: 0mg (0%), Sodium: 441.14mg (19.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.5%), Selenium: 37.79µg (53.98%), Vitamin K: 24.8µg (23.62%), Manganese: 0.36mg (17.95%), Vitamin C: 13.16mg (15.95%), Fiber: 3.56g (14.22%), Folate: 47µg (11.75%), Vitamin B1: 0.15mg (10%), Vitamin B3: 1.9mg (9.48%), Vitamin A: 447.42IU (8.95%), Vitamin E: 1.25mg (8.32%), Vitamin B2: 0.13mg (7.65%), Phosphorus: 71.08mg (7.11%), Iron: 1.24mg (6.88%), Copper: 0.14mg (6.8%), Vitamin B6: 0.11mg (5.61%), Magnesium: 21.31mg (5.33%), Potassium: 186.65mg (5.33%), Calcium: 37.2mg (3.72%), Zinc: 0.54mg (3.61%), Vitamin B5: 0.23mg (2.31%)