



## Suzanne's Down Home Southern Dressing

READY IN



95 min.

SERVINGS



15

CALORIES



737 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.3 cup bacon grease
- ☐ 3 tablespoons double-acting baking powder
- ☐ 1 cup butter divided
- ☐ 58 ounce chicken broth canned
- ☐ 17 ounce corn bread mix
- ☐ 2 eggs
- ☐ 1 bell pepper diced green
- ☐ 0.7 cup milk
- ☐ 1 onion diced

- ☐ 2 tablespoons poultry seasoning
- ☐ 32 ounce herb seasoned stuffing mix

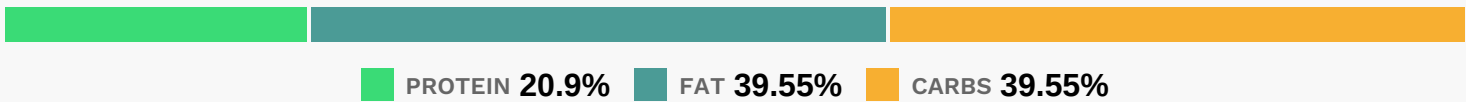
## Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ roasting pan

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Generously coat a 9x13 inch baking dish with bacon grease.
- ☐ Mix corn bread mix with milk and egg according to package directions. In a medium skillet over medium heat, cook onion and bell pepper in 1/2 cup butter until tender. Stir onion mixture into corn bread batter.
- ☐ Pour into prepared 9x13 inch pan.
- ☐ Bake in preheated oven 35 to 40 minutes, until golden brown. Cool completely. Increase oven temperature to 375 degrees F (190 degrees C).
- ☐ Processed cooled corn bread in a food processor until soft and mushy.
- ☐ Pour into a large aluminum roasting pan. Stir in herbed stuffing mix. Stir in chicken broth, a can at a time, until mixture is well moistened, but not soupy. Stir in poultry seasoning and baking powder. Dot with remaining butter, and press butter down into dressing.
- ☐ Bake in preheated oven until puffed and golden, 30 to 45 minutes.

## Nutrition Facts



## Properties

Glycemic Index:14.47, Glycemic Load:0.98, Inflammation Score:-7, Nutrition Score:22.204782807309%

## Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 736.74kcal (36.84%), Fat: 32.02g (49.26%), Saturated Fat: 13.7g (85.61%), Carbohydrates: 72.03g (24.01%), Net Carbohydrates: 67.68g (24.61%), Sugar: 12.61g (14.01%), Cholesterol: 115.46mg (38.49%), Sodium: 2011.34mg (87.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.06g (76.12%), Selenium: 53.24µg (76.05%), Phosphorus: 493.51mg (49.35%), Vitamin B3: 7.28mg (36.38%), Folate: 139.81µg (34.95%), Vitamin B1: 0.52mg (34.41%), Vitamin B2: 0.49mg (29.03%), Iron: 5.13mg (28.52%), Calcium: 261.4mg (26.14%), Manganese: 0.52mg (25.93%), Zinc: 3.66mg (24.43%), Vitamin B12: 1.27µg (21.23%), Vitamin B6: 0.39mg (19.6%), Fiber: 4.35g (17.39%), Magnesium: 58.41mg (14.6%), Vitamin A: 703.15IU (14.06%), Copper: 0.24mg (12.16%), Potassium: 409.51mg (11.7%), Vitamin K: 10.81µg (10.3%), Vitamin C: 7.02mg (8.51%), Vitamin E: 1.11mg (7.41%), Vitamin B5: 0.56mg (5.59%), Vitamin D: 0.44µg (2.97%)