



WHATSheATE



Sweet Cornbread Dressing



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



582 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon celery salt
- ☐ 2 celery stalks chopped
- ☐ 14.5 ounce chicken broth canned
- ☐ 17 ounce corn muffin mix
- ☐ 10.8 ounce cream of chicken soup undiluted canned
- ☐ 2 hard-cooked eggs chopped
- ☐ 1 medium onion chopped
- ☐ 0.5 teaspoon pepper

- ☐ 1.5 teaspoons rubbed sage
- ☐ 2 tablespoons vegetable oil

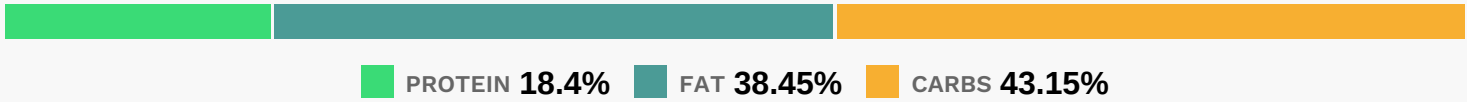
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Prepare corn muffin mix according to package directions; pour batter into a lightly greased 8-inch square pan.
- ☐ Bake at 400 for 25 to 28 minutes or until golden; cool in pan on a wire rack. Crumble cornbread into a large bowl; set aside. Reduce heat to 35
- ☐ Saut celery and onion in hot oil in a large skillet until tender.
- ☐ Add soup and next 4 ingredients, stirring until blended; bring to a boil.
- ☐ Pour over cornbread, stirring until moistened. Stir in chopped egg, and spoon into a lightly greased 8-inch square baking dish.
- ☐ Bake at 350 for 40 to 45 minutes or until lightly browned.
- ☐ NOTE: You can substitute 6 cups crumbled cornbread for prepared corn muffin mix.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:1.97, Inflammation Score:-6, Nutrition Score:15.925217333047%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg,

Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg,
Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 582.14kcal (29.11%), Fat: 24.61g (37.86%), Saturated Fat: 6.13g (38.34%), Carbohydrates: 62.14g (20.71%),
Net Carbohydrates: 56.53g (20.56%), Sugar: 17.6g (19.55%), Cholesterol: 102.09mg (34.03%), Sodium: 1462.43mg
(63.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.49g (52.98%), Phosphorus: 547.94mg (54.79%),
Selenium: 23.31µg (33.3%), Vitamin B1: 0.37mg (24.64%), Vitamin B2: 0.4mg (23.64%), Vitamin B3: 4.57mg
(22.84%), Fiber: 5.61g (22.43%), Folate: 88.48µg (22.12%), Iron: 3.7mg (20.56%), Manganese: 0.34mg (16.96%), Zinc:
2.53mg (16.86%), Vitamin K: 17.23µg (16.41%), Vitamin B12: 0.94µg (15.71%), Vitamin B6: 0.28mg (13.86%),
Magnesium: 38.37mg (9.59%), Copper: 0.18mg (8.99%), Vitamin A: 401.49IU (8.03%), Vitamin E: 1.18mg (7.84%),
Potassium: 274.21mg (7.83%), Calcium: 76.78mg (7.68%), Vitamin B5: 0.74mg (7.44%), Vitamin D: 0.44µg (2.9%),
Vitamin C: 1.54mg (1.86%)