



Vegan Southern-Style Cornbread Dressing

 Dairy Free

READY IN



120 min.

SERVINGS



10

CALORIES



220 kcal

SIDE DISH

Ingredients

- 3 tsp double-acting baking powder
- 0.5 teaspoon pepper black freshly ground
- 1 cup veggie broth as needed
- 1 tablespoon cashew butter
- 1 cup celery chopped (2-3 ribs)
- 2 cups vegetable stock hot
- 1 tablespoon thyme dried
- 1 teaspoon rosemary leaves dried fresh minced (or)

- 4 cloves garlic chopped
- 1 cup non-dairy milk unsweetened
- 1 large onion chopped
- 2 cups portabello mushrooms diced
- 2 teaspoons rubbed sage
- 0.5 tsp salt
- 10 servings salt smoked
- 10 servings salt and pepper as needed
- 1 tablespoon soya sauce (gluten-free with tamari for) for soy-free or substitute
- 2 tsp tapioca flour
- 0.5 cup apple sauce unsweetened
- 0.3 cup water
- 1 cup flour (gluten-free whole wheat white your favorite (or blend)
- 10 ounces bread (gluten-free whole wheat
- 1 cup cornmeal yellow

Equipment

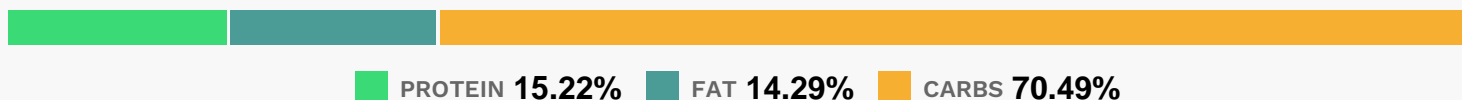
- food processor
- bowl
- frying pan
- oven
- knife
- baking pan
- aluminum foil

Directions

- Prepare the cornbread: Spray or wipe a 88-inch baking dish with oil. Preheat oven to 400F. In a large bowl, mix the cornmeal, flour, baking powder, cornstarch, and salt well. In a smaller bowl, mix the milk, apple sauce, and 1/4 cup water.

- Add wet to the dry and stir gently until evenly distributed, but dont over-mix.
- Pour into the prepared pan and bake for 20–30 minutes. When a knife blade comes out clean, its done. Set aside to cool. (You can do this a day or two ahead of time.)Once the cornbread is cool, crumble it into a very large bowl. It does not have to be completely broken down into crumbs, but there should be few pieces larger than 1/2 inch. Tear the whole grain bread into small pieces (you can do this in two batches in the food processor, if you like) and add it to the cornbread.
- Heat a large non-stick skillet.
- Add the onions and celery and a splash of water and cook until the onions begin to soften, adding water by the tablespoon if necessary to prevent sticking.
- Add the mushrooms and garlic, a tablespoon or two of water, and cover. Cook until the mushrooms soften and shrink, about 4 minutes.
- Add the vegetables to the crumbled bread. Stir in the thyme, sage, rosemary, and black pepper, making sure the seasonings are evenly distributed.Stir the soy sauce and nut butter, if desired, into the hot broth.
- Pour it over the bread mixture, stirring as you go. Bread should be thoroughly moistened but not swimming in liquid. Check the moistness and add additional broth as needed. (I used an additional 2/3 cup broth.) Check the seasonings and add salt and pepper to taste.
- Sprinkle with a little smoked salt, if desired.Preheat oven to 35
- Oil a large, 913-inch baking dish.
- Transfer the dressing to the baking dish and smooth the top without packing it into the dish. Cover with foil and bake for 30 minutes.
- Remove the foil and bake for 20–30 more minutes, until top is brown but dressing is not dried out.
- Serve hot with Mushroom Gravy.

Nutrition Facts



Properties

Glycemic Index:48.96, Glycemic Load:15.73, Inflammation Score:-7, Nutrition Score:12.126087064328%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 219.54kcal (10.98%), Fat: 3.58g (5.5%), Saturated Fat: 0.62g (3.88%), Carbohydrates: 39.69g (13.23%), Net Carbohydrates: 34.17g (12.42%), Sugar: 5.09g (5.66%), Cholesterol: 0mg (0%), Sodium: 1184.15mg (51.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.57g (17.14%), Manganese: 0.84mg (42.04%), Fiber: 5.52g (22.09%), Calcium: 189.88mg (18.99%), Selenium: 12.56µg (17.95%), Vitamin B3: 3.39mg (16.93%), Phosphorus: 164.83mg (16.48%), Vitamin B6: 0.29mg (14.5%), Iron: 2.55mg (14.16%), Vitamin B1: 0.21mg (13.76%), Magnesium: 48.69mg (12.17%), Copper: 0.24mg (12.1%), Vitamin K: 12.71µg (12.1%), Folate: 39.19µg (9.8%), Vitamin B2: 0.15mg (9.04%), Potassium: 311.31mg (8.89%), Zinc: 1.32mg (8.78%), Vitamin A: 310.28IU (6.21%), Vitamin E: 0.89mg (5.96%), Vitamin B5: 0.57mg (5.69%), Vitamin C: 3.83mg (4.64%), Vitamin B12: 0.26µg (4.39%), Vitamin D: 0.33µg (2.23%)