

Cornbread Dressing II

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

skillet of baked cornbread, crumbled
2 medium onions, chopped
3 to 4 stalks celery, chopped
6 eggs, beaten
1 can cream of chicken soup
2 tablespoons black pepper (to taste)
sage (optional)
broth from turkey or chicken

Preheat the oven to 425 degrees.

In a saucepan with a small amount of water, cook the onion and celery until tender.

Add the cornbread, eggs, soup, pepper, broth and sage, if desired. (If you do not have enough broth, you can add milk or water to the right consistency; it needs to be soupy.)

Place the mixture in a buttered 13x9-inch baking pan.

Bake for 30 to 40 minutes or until firm in the middle and brown.

Per Serving (excluding unknown items): 664 Calories; 38g Fat (51.6% calories from fat); 45g Protein; 35g Carbohydrate; 6g Dietary Fiber; 1282mg Cholesterol; 1517mg Sodium. Exchanges: 1/2 Grain(Starch); 5 Lean Meat; 4 Vegetable; 4 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	664	Vitamin B6 (mg):	.8mg
% Calories from Fat:	51.6%	Vitamin B12 (mcg):	4.0mcg
% Calories from Carbohydrates:	21.3%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	27.1%	Riboflavin B2 (mg):	1.6mg
Total Fat (g):	38g	Folacin (mcg):	221mcg
Saturated Fat (g):	11g	Niacin (mg):	2mg
Monounsaturated Fat (g):	15g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	1282mg	% Refuse:	0 0%

Carbohydrate (g): 35g
 Dietary Fiber (g): 6g
 Protein (g): 45g
 Sodium (mg): 1517mg
 Potassium (mg): 1180mg
 Calcium (mg): 282mg
 Iron (mg): 7mg
 Zinc (mg): 5mg
 Vitamin C (mg): 23mg
 Vitamin A (i.u.): 2186IU
 Vitamin A (r.e.): 491 1/2RE

Food Exchanges

Grain (Starch): 1/2
 Lean Meat: 5
 Vegetable: 4
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 4
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 664 Calories from Fat: 342

% Daily Values*

Total Fat	38g	58%
Saturated Fat	11g	57%
Cholesterol	1282mg	427%
Sodium	1517mg	63%
Total Carbohydrates	35g	12%
Dietary Fiber	6g	25%
Protein	45g	
<hr/>		
Vitamin A		44%
Vitamin C		38%
Calcium		28%
Iron		39%

** Percent Daily Values are based on a 2000 calorie diet.*