

# Cornbread Stuffing II

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Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

## Servings: 8

2 tablespoons butter, melted  
1 1/2 cups onion, chopped  
1 1/2 cups celery, chopped  
1/2 cup parsley, chopped  
1 cup chicken broth  
4 eggs, beaten  
6 cups cornbread crumbs  
salt (to taste)  
pepper (to taste)

Preheat the oven to 325 degrees.

In a saucepan, combine the butter and vegetables. Cook over low heat for 5 to 8 minutes or until just wilted. Remove from the heat.

Add the broth, beaten eggs and cornbread crumbs. Stir until all of the ingredients are just moistened. Season to taste.

Pour into a buttered 2-1/2-quart casserole dish.

Bake for 45 minutes or until firm and golden brown.

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Per Serving (excluding unknown items): 84 Calories; 6g Fat (60.3% calories from fat); 4g Protein; 4g Carbohydrate; 1g Dietary Fiber; 114mg Cholesterol; 182mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 1 Fat.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	84	Vitamin B6 (mg):	.1mg
% Calories from Fat:	60.3%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	18.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	21.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	6g	Folacin (mcg):	30mcg
Saturated Fat (g):	3g	Niacin (mg):	1mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	114mg	% Refuse:	0 0%

Carbohydrate (g):	4g
Dietary Fiber (g):	1g
Protein (g):	4g
Sodium (mg):	182mg
Potassium (mg):	193mg
Calcium (mg):	35mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	8mg
Vitamin A (i.u.):	456IU
Vitamin A (r.e.):	84 1/2RE

### Food Exchanges

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

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### Nutrition Facts

Servings per Recipe: 8

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#### Amount Per Serving

**Calories** 84 Calories from Fat: 50

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#### % Daily Values\*

<b>Total Fat</b> 6g	9%
Saturated Fat 3g	13%
<b>Cholesterol</b> 114mg	38%
<b>Sodium</b> 182mg	8%
<b>Total Carbohydrates</b> 4g	1%
Dietary Fiber 1g	4%
<b>Protein</b> 4g	

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<b>Vitamin A</b>	9%
<b>Vitamin C</b>	14%
<b>Calcium</b>	4%
<b>Iron</b>	5%

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