

# Cornmeal Dressing

Patricia Faris Trayer

Gourmet Eating in South Carolina - (1985)

1/2 pan cornbread  
1/2 loaf bread  
saltines  
1 onion, chopped finely  
1 egg  
poultry seasoning  
celery, chopped  
turkey broth

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Preheat the oven to 400 degrees.

In a bowl, combine the cornbread, bread and saltines.

Add the onion, egg, poultry seasoning and chopped celery. Add broth sufficient to make a thick batter. Place the batter in a pan.

Bake for 20 minutes or until the desired doneness.

(If used for stuffing, use only a little broth, barely moisten the bread.

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Per Serving (excluding unknown items): 236 Calories; 8g Fat (30.3% calories from fat); 11g Protein; 30g Carbohydrate; 2g Dietary Fiber; 225mg Cholesterol; 354mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 1 Fat.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	236
% Calories from Fat:	30.3%
% Calories from Carbohydrates:	51.4%
% Calories from Protein:	18.3%
Total Fat (g):	8g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	225mg
Carbohydrate (g):	30g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.7mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	70mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

**Dietary Fiber (g):** 2g  
**Protein (g):** 11g  
**Sodium (mg):** 354mg  
**Potassium (mg):** 302mg  
**Calcium (mg):** 142mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 7mg  
**Vitamin A (i.u.):** 334IU  
**Vitamin A (r.e.):** 87 1/2RE

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

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## Nutrition Facts

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### Amount Per Serving

**Calories** 236                      **Calories from Fat:** 71

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### % Daily Values\*

<b>Total Fat</b> 8g	12%
Saturated Fat 2g	11%
<b>Cholesterol</b> 225mg	75%
<b>Sodium</b> 354mg	15%
<b>Total Carbohydrates</b> 30g	10%
Dietary Fiber 2g	9%
<b>Protein</b> 11g	
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<b>Vitamin A</b>	7%
<b>Vitamin C</b>	12%
<b>Calcium</b>	14%
<b>Iron</b>	13%

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