

Southern Cornbread Dressing

Gourmet Eating in South Carolina - (1985)

3 cups cornbread, crumbled
1 1/2 cups dry bread crumbs
1/2 cup margarine, melted
1 teaspoon salt
3 cups chicken or turkey stock
3 eggs, beaten
1/3 teaspoon pepper
1 teaspoon poultry seasoning
(optional)

Preheat the oven to 425 degrees.

In a bowl, mix together the cornbread, bread crumbs, margarine, salt, turkey stock, eggs, pepper and poultry seasoning.

Place the mixture in a greased baking dish.

Bake about 30 minutes.

Per Serving (excluding unknown items): 3564 Calories; 165g Fat (41.8% calories from fat); 88g Protein; 429g Carbohydrate; 4g Dietary Fiber; 920mg Cholesterol; 9475mg Sodium. Exchanges: 28 1/2 Grain(Starch); 2 1/2 Lean Meat; 31 Fat.

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Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	3564
% Calories from Fat:	41.8%
% Calories from Carbohydrates:	48.3%
% Calories from Protein:	9.9%
Total Fat (g):	165g
Saturated Fat (g):	34g
Monounsaturated Fat (g):	66g
Polyunsaturated Fat (g):	54g
Cholesterol (mg):	920mg
Carbohydrate (g):	429g
Dietary Fiber (g):	4g
Protein (g):	88g
Sodium (mg):	9475mg
Potassium (mg):	1659mg

Vitamin B6 (mg):	1.1mg
Vitamin B12 (mcg):	3.1mcg
Thiamin B1 (mg):	3.3mg
Riboflavin B2 (mg):	3.4mg
Folacin (mcg):	568mcg
Niacin (mg):	27mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	28 1/2
Lean Meat:	2 1/2
Vegetable:	0
Fruit:	0

Calcium (mg): 2264mg
Iron (mg): 31mg
Zinc (mg): 8mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 6736IU
Vitamin A (r.e.): 1496 1/2RE

Non-Fat Milk: 0
Fat: 31
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 3564 **Calories from Fat:** 1490

% Daily Values*

Total Fat 165g	254%
Saturated Fat 34g	168%
Cholesterol 920mg	307%
Sodium 9475mg	395%
Total Carbohydrates 429g	143%
Dietary Fiber 4g	16%
Protein 88g	
Vitamin A	135%
Vitamin C	4%
Calcium	226%
Iron	170%

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