



Absolute Mexican Cornbread

READY IN



75 min.

SERVINGS



6

CALORIES



749 kcal

BREAD

Ingredients

- 4 teaspoons double-acting baking powder
- 1 cup butter melted
- 15 ounce regular corn cream-style canned
- 4 ounce chile peppers green drained chopped canned
- 4 eggs
- 1 cup flour all-purpose
- 0.5 cup monterrey jack cheese shredded
- 0.3 teaspoon salt
- 0.5 cup cheddar cheese shredded

- 1 cup sugar white
- 1 cup cornmeal yellow

Equipment

- bowl
- frying pan
- oven
- baking pan
- toothpicks

Directions

- Preheat oven to 300 degrees F (150 degrees C). Lightly grease a 9x13 inch baking dish.
- In a large bowl, beat together butter and sugar. Beat in eggs one at a time. Blend in cream corn, chiles, Monterey Jack and Cheddar cheese.
- In a separate bowl, stir together flour, cornmeal, baking powder and salt.
- Add flour mixture to corn mixture; stir until smooth.
- Pour batter into prepared pan.
- Bake in preheated oven for 1 hour, until a toothpick inserted into center of the pan comes out clean.

Nutrition Facts



PROTEIN 7.63% **FAT 48.93%** **CARBS 43.44%**

Properties

Glycemic Index:68.27, Glycemic Load:47.06, Inflammation Score:-7, Nutrition Score:16.056521882182%

Nutrients (% of daily need)

Calories: 749.09kcal (37.45%), Fat: 41.75g (64.22%), Saturated Fat: 24.33g (152.07%), Carbohydrates: 83.38g (27.79%), Net Carbohydrates: 79.15g (28.78%), Sugar: 36.23g (40.26%), Cholesterol: 208.26mg (69.42%), Sodium: 1044.39mg (45.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.65g (29.3%), Calcium: 333.06mg (33.31%), Phosphorus: 330.87mg (33.09%), Selenium: 22.61µg (32.3%), Vitamin A: 1346.88IU (26.94%), Folate: 106.41µg (26.6%), Vitamin B2: 0.4mg (23.66%), Vitamin B1: 0.28mg (18.65%), Manganese: 0.37mg (18.61%), Iron:

3.19mg (17.75%), Fiber: 4.23g (16.92%), Zinc: 2.4mg (16.03%), Vitamin B6: 0.3mg (14.89%), Magnesium: 55.83mg (13.96%), Vitamin B3: 2.73mg (13.67%), Vitamin C: 9.37mg (11.36%), Vitamin E: 1.44mg (9.61%), Vitamin B5: 0.94mg (9.42%), Vitamin B12: 0.5µg (8.39%), Potassium: 289.61mg (8.27%), Copper: 0.16mg (8.05%), Vitamin D: 0.7µg (4.66%), Vitamin K: 3.31µg (3.16%)