



HEALTH SCORE

84%

Authentic Mexican Corn Bread



Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



5168 kcal

BREAD

Ingredients

- ☐ 1 tablespoon baking soda
- ☐ 0.5 cup butter melted
- ☐ 15 ounce regular corn cream-style canned
- ☐ 2.5 cups cornmeal
- ☐ 5 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 14 ounce condensed milk sweetened la lechera® canned (such as)

- ☐ 2 teaspoons vanilla extract
- ☐ 30.5 ounce kernel corn whole drained and rinsed canned

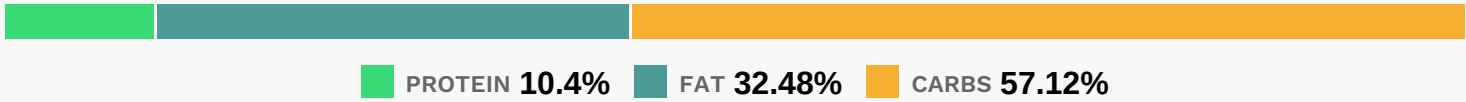
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Grease and flour a 2-quart baking dish.
- ☐ Whisk sweetened condensed milk, sugar, eggs, and vanilla extract in a large bowl. Stir in whole kernel corn, cream-style corn, and butter.
- ☐ Whisk cornmeal, flour, baking soda, and salt in a separate bowl; stir cornmeal mixture into the corn mixture.
- ☐ Pour batter into the prepared baking dish.
- ☐ Bake until a toothpick inserted into the center of the cornbread comes out clean, about 45 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:254.5, Glycemic Load:339.15, Inflammation Score:-10, Nutrition Score:83.117826378864%

Nutrients (% of daily need)

Calories: 5168.29kcal (258.41%), Fat: 188.49g (289.99%), Saturated Fat: 94.37g (589.79%), Carbohydrates: 745.81g (248.6%), Net Carbohydrates: 701.65g (255.15%), Sugar: 238.02g (264.47%), Cholesterol: 1308.97mg (436.32%),

Sodium: 9734.69mg (423.25%), Alcohol: 2.75g (100%), Alcohol %: 0.14% (100%), Protein: 135.72g (271.45%), Phosphorus: 3060.12mg (306.01%), Selenium: 183.39µg (261.99%), Vitamin B2: 3.87mg (227.84%), Folate: 847.69µg (211.92%), Manganese: 3.87mg (193.29%), Magnesium: 742.96mg (185.74%), Fiber: 44.16g (176.62%), Vitamin B6: 3.27mg (163.68%), Zinc: 24.51mg (163.38%), Vitamin B1: 2.38mg (158.58%), Potassium: 4776.69mg (136.48%), Calcium: 1360.01mg (136%), Iron: 23.48mg (130.47%), Vitamin B3: 25.44mg (127.19%), Vitamin A: 5560.75IU (111.21%), Vitamin B5: 10.34mg (103.41%), Copper: 1.79mg (89.41%), Vitamin B12: 4.16µg (69.4%), Vitamin C: 42.45mg (51.46%), Vitamin E: 7.7mg (51.33%), Vitamin D: 5.79µg (38.63%), Vitamin K: 12.06µg (11.48%)