

Avocado Cheese Bread

READY IN



32 min.

SERVINGS



15

CALORIES



126 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 avocado pitted peeled mashed
- 1 cup self-rising corn meal mix
- 2 eggs beaten
- 8 ounce optional: lemon
- 1 cup monterrey jack cheese shredded
- 1 tablespoon penzey's southwest seasoning

Equipment

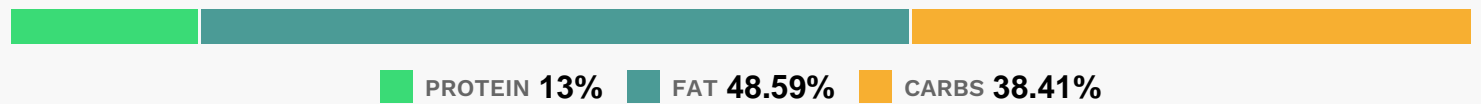
- bowl

- frying pan
- oven
- toothpicks

Directions

- Preheat oven to 425 degrees F (220 degrees C). Grease a 9x13 inch pan.
- In a large bowl, stir together the avocados, eggs, yogurt, cheese, cornmeal, and fajita seasoning until well blended.
- Spread the mixture evenly into the greased pan.
- Bake for 17 minutes in the preheated oven, or until the top turns golden brown and a toothpick inserted into the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.47, Inflammation Score:-4, Nutrition Score:7.133043465407%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 3.23mg, Eriodictyol: 3.23mg, Eriodictyol: 3.23mg, Eriodictyol: 3.23mg Hesperetin: 4.22mg, Hesperetin: 4.22mg, Hesperetin: 4.22mg, Hesperetin: 4.22mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 125.81kcal (6.29%), Fat: 7.19g (11.06%), Saturated Fat: 2.26g (14.12%), Carbohydrates: 12.79g (4.26%), Net Carbohydrates: 9.44g (3.43%), Sugar: 0.65g (0.73%), Cholesterol: 28.53mg (9.51%), Sodium: 205.44mg (8.93%), Alcohol: 0g (100%), Protein: 4.33g (8.66%), Folate: 59.74µg (14.94%), Phosphorus: 136.66mg (13.67%), Fiber: 3.35g (13.41%), Vitamin C: 10.72mg (12.99%), Calcium: 116.26mg (11.63%), Vitamin K: 11.96µg (11.39%), Vitamin B2: 0.15mg (8.73%), Manganese: 0.15mg (7.64%), Vitamin B6: 0.15mg (7.54%), Vitamin B1: 0.11mg (7.34%), Iron: 1.32mg (7.33%), Potassium: 200.92mg (5.74%), Vitamin B3: 1.13mg (5.64%), Vitamin B5: 0.56mg (5.59%), Vitamin E: 0.84mg (5.59%), Magnesium: 20.5mg (5.13%), Zinc: 0.67mg (4.44%), Selenium: 3.11µg (4.44%), Copper: 0.09mg (4.26%), Vitamin A: 181.36IU (3.63%), Vitamin B12: 0.11µg (1.91%), Vitamin D: 0.16µg (1.08%)