

Beefy Jalapeno Corn Bake

READY IN



75 min.

SERVINGS



12

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons double-acting baking powder
- 14 ounces corn cream-style canned
- 1 cup cornmeal
- 2 eggs
- 3 tablespoons flour all-purpose
- 1 pound ground beef
- 4 jalapeno seeded chopped
- 1 cup milk
- 1 medium onion chopped

- 0.8 teaspoon salt
- 16 ounces cheddar cheese shredded divided
- 0.5 cup vegetable oil

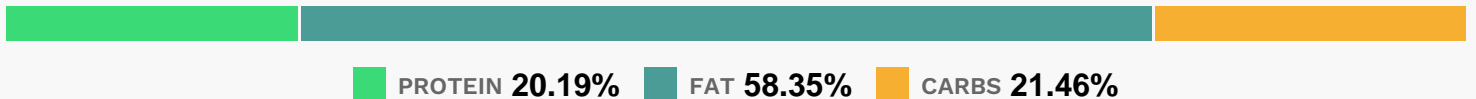
Equipment

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

Directions

- In a large skillet, cook beef over medium heat until no longer pink; drain and set aside. In a large bowl, beat eggs, corn, milk and oil.
- Combine the cornmeal, flour, baking powder and salt; add to egg mixture and mix well.
- Pour half of the batter into a greased 13-in. x 9-in. baking dish.
- Sprinkle with 2 cups cheese; top with the beef, onion and jalapenos.
- Sprinkle with remaining cheese; top with remaining batter.
- Bake, uncovered, at 350° for 55–60 minutes or until a toothpick inserted into corn bread topping comes out clean.
- Serve warm. Refrigerate any leftovers.

Nutrition Facts



Properties

Glycemic Index:29.96, Glycemic Load:7.78, Inflammation Score:-5, Nutrition Score:13.009130519369%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol:

0.06mg, Kaempferol: 0.06mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 375.78kcal (18.79%), Fat: 24.54g (37.75%), Saturated Fat: 11.21g (70.08%), Carbohydrates: 20.3g (6.77%), Net Carbohydrates: 18.32g (6.66%), Sugar: 2.99g (3.32%), Cholesterol: 94.36mg (31.45%), Sodium: 576.41mg (25.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.11g (38.21%), Calcium: 337.37mg (33.74%), Phosphorus: 331.43mg (33.14%), Selenium: 20.63µg (29.48%), Zinc: 3.77mg (25.11%), Vitamin B12: 1.38µg (23.08%), Vitamin B2: 0.33mg (19.36%), Vitamin B6: 0.3mg (15.17%), Vitamin B3: 2.47mg (12.35%), Vitamin A: 526.25IU (10.53%), Magnesium: 41.92mg (10.48%), Folate: 39.19µg (9.8%), Vitamin C: 7.57mg (9.17%), Iron: 1.62mg (8.99%), Potassium: 285.86mg (8.17%), Fiber: 1.98g (7.92%), Manganese: 0.15mg (7.37%), Vitamin B1: 0.11mg (7.34%), Vitamin B5: 0.71mg (7.07%), Vitamin E: 0.92mg (6.11%), Vitamin K: 5.94µg (5.66%), Copper: 0.1mg (4.94%), Vitamin D: 0.63µg (4.23%)