



WHATSheATE



Cheddar Corn Bread with Pepitas

READY IN



45 min.

SERVINGS



8

CALORIES



173 kcal

Ingredients

- ☐ 4.5 ounce chiles green drained chopped canned
- ☐ 0.3 cup pumpkinseed kernels unsalted
- ☐ 8.5 ounce corn muffin mix (such as Jiffy)
- ☐ 10 ounce regular corn frozen cream-style thawed
- ☐ 2 ounces cheddar cheese shredded reduced-fat
- ☐ 0.3 cup nonfat buttermilk

Equipment

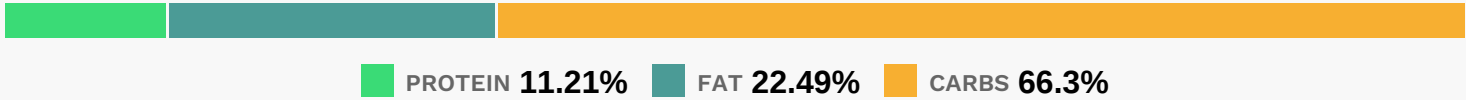
- ☐ bowl
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Combine first five ingredients in a large bowl, stirring until dry ingredients are moistened. Spoon into an 8-inch square baking dish coated with cooking spray.
- ☐ Sprinkle top of batter with pumpkinseeds.
- ☐ Bake at 400 for 20 minutes or until a wooden pick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:5.4352173852208%

Nutrients (% of daily need)

Calories: 173.28kcal (8.66%), Fat: 4.43g (6.81%), Saturated Fat: 1.28g (7.99%), Carbohydrates: 29.35g (9.78%), Net Carbohydrates: 26.59g (9.67%), Sugar: 7.91g (8.78%), Cholesterol: 2.24mg (0.75%), Sodium: 462.57mg (20.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.92%), Phosphorus: 203.78mg (20.38%), Folate: 54.54µg (13.63%), Fiber: 2.76g (11.03%), Vitamin B1: 0.14mg (9.43%), Vitamin C: 7.11mg (8.62%), Vitamin B3: 1.5mg (7.51%), Vitamin B2: 0.13mg (7.4%), Iron: 1.14mg (6.35%), Manganese: 0.13mg (6.26%), Calcium: 54.5mg (5.45%), Vitamin B6: 0.09mg (4.26%), Selenium: 2.93µg (4.19%), Magnesium: 15.69mg (3.92%), Zinc: 0.52mg (3.46%), Potassium: 110.98mg (3.17%), Vitamin B5: 0.25mg (2.53%), Copper: 0.05mg (2.36%), Vitamin A: 97.93IU (1.96%), Vitamin K: 1.55µg (1.47%), Vitamin B12: 0.06µg (1.03%)