



## Chile and Chorizo Cornbread

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



378 kcal

### Ingredients

- 4 anaheim chili fresh peeled chopped
- 1 tablespoon double-acting baking powder
- 0.5 pound chorizo
- 8 ounce corn canned
- 2 eggs lightly beaten
- 4 ounce jalapeno fresh green seeded finely chopped chopped canned
- 0.5 teaspoon salt
- 2 cups sharp cheddar cheese grated
- 1 cup cream sour

1 cup cornmeal yellow

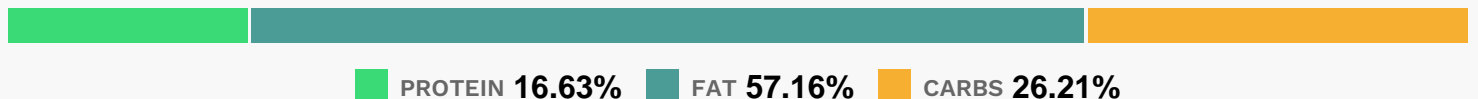
## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Preheat the oven to 350°.
- Crumble and fry the Chorizo in a heavy skillet over medium-high heat for 5 minutes to render some of the fat.
- Put the sausage meat and 3 tablespoons of the fat in a large bowl.
- Add the cornmeal, baking powder, salt, eggs, sour cream, corn, chiles, and 1 1/4 cps of the cheese.
- Mix all ingredients thoroughly.
- Generously butter a 1 1/2 quart casserole, 9 by 9-inch baking dish, or 10-inch heavy skillet. Spoon in the cornbread batter.
- Sprinkle the top with the remaining 3/4 cup cheese.
- Bake for 45 to 55 minutes, until the cornbread turns golden and smells wonderful.
- Serve hot.
- The Complete Sausage Book
- Ten Speed Press

## Nutrition Facts



## Properties

Glycemic Index:30.94, Glycemic Load:9.38, Inflammation Score:-6, Nutrition Score:11.412608644237%

## Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

## Nutrients (% of daily need)

Calories: 378.11kcal (18.91%), Fat: 24.15g (37.15%), Saturated Fat: 11.44g (71.52%), Carbohydrates: 24.92g (8.31%), Net Carbohydrates: 21.39g (7.78%), Sugar: 3.86g (4.28%), Cholesterol: 103.85mg (34.62%), Sodium: 682.37mg (29.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.81g (31.61%), Calcium: 326.9mg (32.69%), Phosphorus: 268.74mg (26.87%), Vitamin C: 21.59mg (26.17%), Selenium: 13.8µg (19.72%), Vitamin A: 796.61IU (15.93%), Vitamin B2: 0.27mg (15.68%), Fiber: 3.53g (14.13%), Zinc: 2.06mg (13.74%), Vitamin B6: 0.24mg (12.22%), Magnesium: 40.44mg (10.11%), Iron: 1.71mg (9.49%), Folate: 35.6µg (8.9%), Manganese: 0.17mg (8.5%), Vitamin B12: 0.46µg (7.63%), Vitamin E: 1.04mg (6.92%), Vitamin B1: 0.09mg (6.03%), Potassium: 210.34mg (6.01%), Vitamin B5: 0.6mg (5.96%), Vitamin B3: 0.99mg (4.97%), Copper: 0.09mg (4.6%), Vitamin K: 3.8µg (3.62%), Vitamin D: 0.39µg (2.6%)