



## Chili-Cornbread Pie

READY IN



28 min.

SERVINGS



6

CALORIES



232 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 15 ounce chili beef soup low-fat canned
- 11 ounce regular corn mexican-style drained canned
- 6 ounce buttermilk cornbread mix
- 1 medium onion chopped
- 4 ounces mexican blend cheese shredded reduced-fat
- 0.7 cup water

### Equipment

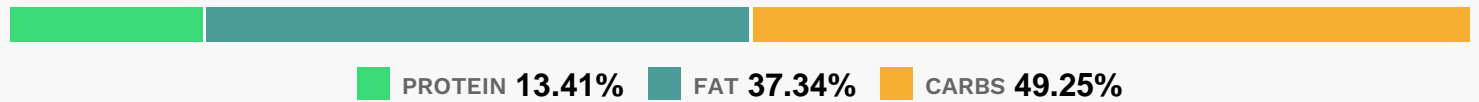
- frying pan

- oven
- baking pan

## Directions

- Preheat oven to 45
- Coat a nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add onion, and saute until tender.
- Add soup and corn to skillet, stirring well; spoon mixture into an 8-inch square baking dish coated with cooking spray.
- Sprinkle cheese over soup mixture.
- Combine cornbread mix and water, stirring just until smooth.
- Pour batter over mixture in baking dish; bake at 450 for 18 minutes or until golden.

## Nutrition Facts



## Properties

Glycemic Index:4.5, Glycemic Load:0.38, Inflammation Score:-3, Nutrition Score:6.1226086461026%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

## Nutrients (% of daily need)

Calories: 231.96kcal (11.6%), Fat: 9.61g (14.78%), Saturated Fat: 4.21g (26.32%), Carbohydrates: 28.51g (9.5%), Net Carbohydrates: 26.36g (9.58%), Sugar: 6.78g (7.53%), Cholesterol: 18.52mg (6.17%), Sodium: 433.1mg (18.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.76g (15.52%), Phosphorus: 248.04mg (24.8%), Calcium: 146.75mg (14.68%), Folate: 47.38µg (11.84%), Vitamin B1: 0.14mg (9.44%), Vitamin B2: 0.15mg (8.82%), Fiber: 2.15g (8.62%), Manganese: 0.15mg (7.31%), Vitamin B3: 1.4mg (6.98%), Selenium: 4.51µg (6.45%), Zinc: 0.91mg (6.07%), Iron: 0.97mg (5.41%), Magnesium: 19.34mg (4.84%), Vitamin B12: 0.26µg (4.3%), Potassium: 135.16mg (3.86%), Vitamin B6: 0.07mg (3.49%), Vitamin A: 157.52IU (3.15%), Copper: 0.06mg (2.81%), Vitamin C: 2.27mg (2.75%), Vitamin B5: 0.21mg (2.06%), Vitamin K: 1.96µg (1.87%)