



Chili Pie with Corn-Bread Topping

READY IN



45 min.

SERVINGS



5

CALORIES



398 kcal

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 4 ounce chiles green drained chopped canned
- ☐ 16 ounce pinto beans drained canned
- ☐ 14.5 ounce canned tomatoes undrained chopped canned
- ☐ 2 teaspoons chili powder
- ☐ 1 cup no-salt-added kernel corn whole drained
- ☐ 1 egg white lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 cup bell pepper green chopped

- ☐ 0.5 pound ground beef
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 cup nonfat buttermilk
- ☐ 1 cup onion chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 6 ounce tomato paste canned
- ☐ 0.8 cup water
- ☐ 0.5 cup cornmeal yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Cook onion, green bell pepper, and ground chuck in a large, ovenproof skillet over medium heat until meat is browned, stirring to crumble.
- ☐ Drain well; set aside. Wipe drippings from skillet with a paper towel. Return meat mixture to skillet; add corn and next 9 ingredients, stirring well. Bring to a boil; cover, reduce heat to medium-low, and cook 10 minutes, stirring occasionally.
- ☐ Remove from heat; set aside.
- ☐ Combine flour and next 3 ingredients in a bowl.
- ☐ Combine buttermilk and egg white; add to dry ingredients, stirring just until moistened. Spoon evenly over meat mixture.
- ☐ Bake at 400 for 13 minutes or until wooden pick inserted in center of corn bread comes out clean.

Nutrition Facts



 PROTEIN **19.57%**  FAT **25.98%**  CARBS **54.45%**

Properties

Glycemic Index:94.72, Glycemic Load:21.76, Inflammation Score:-8, Nutrition Score:22.974347977535%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg

Nutrients (% of daily need)

Calories: 397.9kcal (19.89%), Fat: 11.75g (18.08%), Saturated Fat: 3.95g (24.67%), Carbohydrates: 55.43g (18.48%), Net Carbohydrates: 45.44g (16.52%), Sugar: 10.09g (11.21%), Cholesterol: 32.68mg (10.89%), Sodium: 759.36mg (33.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.92g (39.84%), Vitamin C: 46.25mg (56.06%), Manganese: 0.82mg (40.91%), Fiber: 10g (39.99%), Iron: 5.83mg (32.39%), Vitamin B6: 0.64mg (32.17%), Phosphorus: 295.7mg (29.57%), Potassium: 973.58mg (27.82%), Vitamin B3: 5.39mg (26.94%), Copper: 0.51mg (25.28%), Folate: 98.99µg (24.75%), Magnesium: 95.16mg (23.79%), Zinc: 3.56mg (23.76%), Vitamin B1: 0.34mg (22.95%), Selenium: 14.38µg (20.54%), Vitamin E: 2.66mg (17.73%), Calcium: 170.46mg (17.05%), Vitamin B2: 0.28mg (16.62%), Vitamin B12: 0.98µg (16.27%), Vitamin A: 631.66IU (12.63%), Vitamin K: 12.15µg (11.57%), Vitamin B5: 0.93mg (9.32%)