



## Colby-Jack, Poblano, and Corn Bread Dressing

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



237 kcal

SIDE DISH

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 1 tablespoon butter
- 0.5 teaspoon chipotle chile powder
- 6 ounces preshredded colby-jack cheese reduced-fat
- 10 ounce whole-kernel corn frozen
- 1 large egg white lightly beaten

- 2 large eggs lightly beaten
- 0.8 cup less-sodium chicken broth fat-free
- 3.3 ounces flour all-purpose
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon garlic minced
- 1.5 teaspoons ground cumin
- 1.5 cups buttermilk low-fat
- 2 cups onion chopped
- 1 cup poblano pepper chopped
- 1 cup bell pepper red chopped
- 0.8 teaspoon salt
- 2 tablespoons sugar
- 3 tablespoons sugar
- 1.3 cups cornmeal yellow

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- wire rack
- baking pan
- aluminum foil
- measuring cup

## Directions

- Preheat oven to 42
- To prepare corn bread, lightly spoon flour into a dry measuring cup; level with a knife.

- Combine flour and next 5 ingredients (through baking soda) in a medium bowl.
- Combine buttermilk and 2 eggs; stir well.
- Add to flour mixture; stir just until moist. Spoon into an 11 x 7-inch baking dish coated with cooking spray.
- Bake at 425 for 20 minutes or until lightly browned and a wooden pick inserted in center comes out clean. Cool on a wire rack.
- Cut into 1/2-inch pieces; arrange on a large baking sheet.
- Reduce oven temperature to 37
- Bake corn bread pieces at 375 for 20 minutes, stirring occasionally.
- To prepare stuffing, combine 3 tablespoons sugar and the next 4 ingredients (through egg white); set aside.
- Melt butter in a large nonstick skillet over medium-high heat.
- Add onion, poblano, bell pepper, and garlic; saut 7 minutes or until tender.
- Add cumin and corn; cook for 5 minutes.
- Combine corn bread pieces, egg mixture, poblano mixture, cheese, broth, and cilantro in a large bowl; toss well. Spoon into a 13 x 9-inch baking dish coated with cooking spray; cover with foil.
- Bake at 375 for 30 minutes. Uncover; bake 5 minutes or until top of dressing is slightly crisp.

## Nutrition Facts

**PROTEIN 15.58%** **FAT 30.3%** **CARBS 54.12%**

### Properties

Glycemic Index:46.81, Glycemic Load:15.94, Inflammation Score:-7, Nutrition Score:10.664782622586%

### Flavonoids

Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg

### Nutrients (% of daily need)

Calories: 236.73kcal (11.84%), Fat: 8.15g (12.54%), Saturated Fat: 4.2g (26.24%), Carbohydrates: 32.74g (10.91%), Net Carbohydrates: 29.46g (10.71%), Sugar: 9.95g (11.06%), Cholesterol: 48.17mg (16.06%), Sodium: 467.57mg (20.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.43g (18.86%), Vitamin C: 28.87mg (35%), Phosphorus: 190.1mg (19.01%), Calcium: 172.29mg (17.23%), Vitamin B2: 0.25mg (14.86%), Selenium: 10.18µg (14.54%), Vitamin A: 708.25IU (14.17%), Manganese: 0.28mg (13.94%), Fiber: 3.28g (13.12%), Vitamin B6: 0.25mg (12.68%), Folate: 49.38µg (12.34%), Vitamin B1: 0.17mg (11.09%), Zinc: 1.43mg (9.55%), Magnesium: 37.67mg (9.42%), Iron: 1.59mg (8.85%), Potassium: 273.28mg (7.81%), Vitamin B3: 1.46mg (7.31%), Vitamin B5: 0.57mg (5.71%), Copper: 0.1mg (5.21%), Vitamin B12: 0.29µg (4.84%), Vitamin E: 0.52mg (3.49%), Vitamin K: 3.61µg (3.44%), Vitamin D: 0.25µg (1.68%)