



Cook the Book: Carolyn McLemore's Cornbread Salad

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



1450 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 3 cups buttermilk
- ☐ 15 ounces corn drained canned
- ☐ 4 ounces jalapeño peppers chopped canned
- ☐ 32 ounces pinto beans drained and rinsed canned
- ☐ 1 pound bacon crumbled crisp cooked

- ☐ 2 large eggs
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 teaspoon kosher salt finely
- ☐ 1 cup mayonnaise
- ☐ 1 ounce salad dressing ranch-style
- ☐ 0.5 cup spring onion chopped
- ☐ 3 cups cheddar cheese shredded
- ☐ 8 ounces cream sour
- ☐ 3 large tomatoes chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 2 cups cornmeal yellow

Equipment

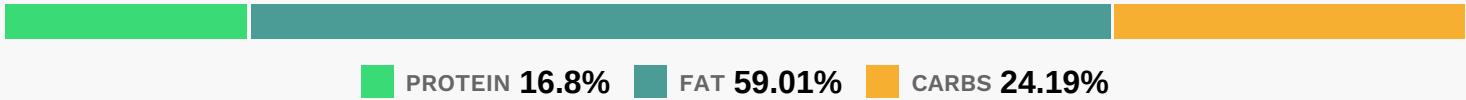
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Make the cornbread: Preheat the oven to 450°F. Coat the bottom and sides of a 10-inch cast-iron skillet with the vegetable oil; place skillet in oven to heat.
- ☐ Whisk the eggs and buttermilk together in a large bowl.
- ☐ Add the cornmeal, baking soda, baking powder, salt, and jalapeños while stirring briskly.
- ☐ Pour the batter into the hot skillet.
- ☐ Bake for 15 minutes or until lightly browned. Cool on a rack; crumble into a bowl.
- ☐ Combine the dressing mix, sour cream, and mayonnaise in a small bowl; set aside.
- ☐ Combine the tomatoes, bell pepper, and scallions in another bowl.

- ☐
- Place half the crumbled cornbread in the bottom of a large serving bowl. Spoon on half the pinto beans; top with half the tomato mixture, half the cheese, half the corn, and half the bacon.
- ☐
- Spread on half of the dressing. Repeat the layers, ending with the dressing. Cover with plastic wrap and chill for at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:65.58, Glycemic Load:33.81, Inflammation Score:-9, Nutrition Score:49.31086963156%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 1449.58kcal (72.48%), Fat: 95.2g (146.46%), Saturated Fat: 32.33g (202.07%), Carbohydrates: 87.8g (29.27%), Net Carbohydrates: 73.85g (26.85%), Sugar: 13.78g (15.31%), Cholesterol: 244.52mg (81.51%), Sodium: 3570.51mg (155.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61g (122%), Phosphorus: 1057.19mg (105.72%), Selenium: 69.54µg (99.34%), Vitamin K: 101.08µg (96.26%), Calcium: 732.64mg (73.26%), Fiber: 13.95g (55.8%), Vitamin B3: 11.12mg (55.58%), Vitamin B6: 1.1mg (55.13%), Zinc: 8.2mg (54.66%), Vitamin B1: 0.82mg (54.45%), Manganese: 1.06mg (52.75%), Vitamin B2: 0.9mg (52.73%), Vitamin A: 2351.91IU (47.04%), Magnesium: 187.42mg (46.86%), Potassium: 1631.69mg (46.62%), Vitamin B12: 2.25µg (37.46%), Vitamin C: 28.53mg (34.58%), Iron: 6.06mg (33.67%), Copper: 0.65mg (32.34%), Folate: 127.56µg (31.89%), Vitamin E: 4.43mg (29.53%), Vitamin B5: 2.68mg (26.8%), Vitamin D: 2.61µg (17.4%)