



Corn Bread, Chorizo, and Jalapeño Dressing

READY IN



120 min.

SERVINGS



12

CALORIES



309 kcal

BREAD

Ingredients

- 1 tablespoon double-acting baking powder
- 2 cups bread baguette french cubed () (crusts removed)
- 3 ounces mexican chorizo crumbled
- 2 large egg whites lightly beaten
- 2 large eggs lightly beaten
- 1 cup flour all-purpose
- 0.3 cup cilantro leaves fresh chopped
- 1 cup green onions thinly sliced
- 1 jalapeno halved

- 1 lime cut into wedges
- 1.3 cups buttermilk low-fat
- 14.5 ounce lower-sodium chicken broth fat-free canned
- 1 teaspoon olive oil
- 1.3 cups bell pepper diced red (1 large)
- 0.8 cup sharp cheddar cheese shredded reduced-fat
- 2 tablespoons sugar
- 2 tablespoons butter unsalted melted
- 1 cup cornmeal yellow

Equipment

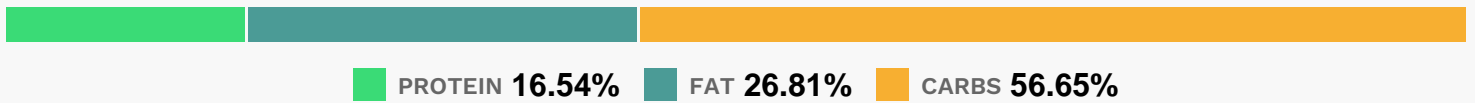
- bowl
- frying pan
- oven
- knife
- wire rack
- baking pan
- measuring cup

Directions

- Preheat oven to 350
- Place a 10-inch cast-iron skillet in oven as it preheats.
- To prepare corn bread, weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour and next 6 ingredients (through eggs) in a large bowl; fold in cheese.
- Remove skillet from oven. Coat pan with cooking spray.
- Pour batter into hot skillet.
- Bake at 350 for 35 minutes or until edges are lightly browned and a wooden pick inserted in center comes out clean. Cool completely on a wire rack. Crumble corn bread into a large bowl.

- To prepare dressing, remove seeds and membrane from half of jalapeo. Coarsely chop both jalapeo halves.
- Heat a large skillet over medium-high heat.
- Add oil to pan; swirl to coat.
- Add chorizo; saut 2 minutes.
- Add jalapeo, bell pepper, and onions; saut 3 minutes.
- Remove from heat.
- Add chorizo mixture to corn bread mixture; stir in baguette, cilantro, egg whites, and broth, stirring until bread is moist.
- Spoon corn bread mixture into a 13 x 9-inch glass or ceramic baking dish coated with cooking spray.
- Bake at 350 for 45 minutes or until lightly browned.
- Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:50.09, Glycemic Load:29.46, Inflammation Score:-7, Nutrition Score:14.526956646339%

Flavonoids

Hesperetin: 2.4mg, Hesperetin: 2.4mg, Hesperetin: 2.4mg, Hesperetin: 2.4mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 308.73kcal (15.44%), Fat: 9.26g (14.25%), Saturated Fat: 4.04g (25.23%), Carbohydrates: 44.04g (14.68%), Net Carbohydrates: 40.9g (14.87%), Sugar: 6.34g (7.04%), Cholesterol: 48.51mg (16.17%), Sodium: 513.68mg (22.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.86g (25.71%), Selenium: 21.89µg (31.28%), Vitamin C: 24.78mg (30.04%), Vitamin B1: 0.43mg (28.74%), Folate: 92.45µg (23.11%), Vitamin B2: 0.39mg (22.8%), Manganese: 0.4mg (20.04%), Vitamin K: 20.21µg (19.25%), Phosphorus: 185.44mg (18.54%), Calcium: 175.48mg (17.55%), Iron: 3.08mg (17.1%), Vitamin A: 818.04IU (16.36%), Vitamin B3: 3.1mg (15.5%), Fiber: 3.14g (12.55%), Vitamin B6: 0.21mg (10.54%), Magnesium: 39.79mg (9.95%), Zinc: 1.45mg (9.67%), Potassium: 298.99mg (8.54%), Copper: 0.13mg (6.72%), Vitamin B5: 0.57mg (5.68%), Vitamin E: 0.75mg (4.98%), Vitamin B12: 0.21µg (3.55%), Vitamin D:

0.24µg (1.63%)