



Corn Bread-Topped Sausage Pie

READY IN



55 min.

SERVINGS



6

CALORIES



508 kcal

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 cup bell pepper chopped
- ☐ 1 lb ground sausage italian
- ☐ 15 oz tomato sauce canned
- ☐ 9 oz corn whole frozen thawed
- ☐ 0.7 cup cornmeal
- ☐ 1 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 cup milk

- ☐ 0.3 cup monterrey jack cheese shredded with jalapeño peppers (1 oz)
- ☐ 4.5 oz mushrooms drained sliced
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons vegetable oil

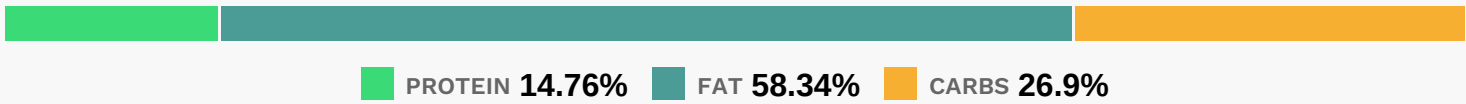
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 400F.
- ☐ In 10-inch skillet, cook sausage, onion, bell pepper and garlic over medium heat 8 to 10 minutes, stirring frequently, until sausage is no longer pink; drain. Stir in tomato sauce, corn and mushrooms.
- ☐ Heat to boiling; remove from heat.
- ☐ In medium bowl, stir all topping ingredients except cheese. Beat vigorously with spoon 30 seconds. Stir in cheese.
- ☐ Spoon sausage mixture into ungreased 2-quart casserole.
- ☐ Pour topping over hot sausage mixture, spreading evenly.
- ☐ Bake uncovered 20 to 25 minutes or until topping is golden brown.

Nutrition Facts



Properties

Glycemic Index:94.1, Glycemic Load:15.65, Inflammation Score:-7, Nutrition Score:19.040869598803%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 508.06kcal (25.4%), Fat: 33.15g (51%), Saturated Fat: 11.09g (69.32%), Carbohydrates: 34.39g (11.46%), Net Carbohydrates: 30.76g (11.18%), Sugar: 7.36g (8.18%), Cholesterol: 95.09mg (31.7%), Sodium: 1247.05mg (54.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.87g (37.74%), Selenium: 28.43µg (40.61%), Vitamin B1: 0.61mg (40.52%), Phosphorus: 305.24mg (30.52%), Vitamin C: 24.83mg (30.1%), Vitamin B3: 5.28mg (26.4%), Vitamin B6: 0.52mg (26.02%), Vitamin B2: 0.42mg (24.46%), Potassium: 678.84mg (19.4%), Manganese: 0.37mg (18.3%), Zinc: 2.73mg (18.22%), Calcium: 176.09mg (17.61%), Iron: 3.05mg (16.95%), Vitamin A: 810.15IU (16.2%), Vitamin B12: 0.92µg (15.32%), Folate: 60.13µg (15.03%), Copper: 0.29mg (14.69%), Fiber: 3.63g (14.54%), Magnesium: 56.38mg (14.1%), Vitamin B5: 1.33mg (13.34%), Vitamin E: 1.77mg (11.82%), Vitamin K: 11.26µg (10.72%), Vitamin D: 0.46µg (3.07%)