



## Corn Bread with Poblanos & Sour Cream

READY IN



30 min.

SERVINGS



30

CALORIES



69 kcal

### Ingredients

- 8.5 oz corn muffin mix
- 0.5 cup knudsen cream sour
- 2 Tbsp oil
- 0.5 cup onions sliced
- 4 roasted poblano chiles peeled seeded thinly sliced
- 0.3 tsp salt
- 0.5 cup cheddar cheese shredded kraft
- 0.3 cup water
- 11 oz kernel corn whole divided drained canned

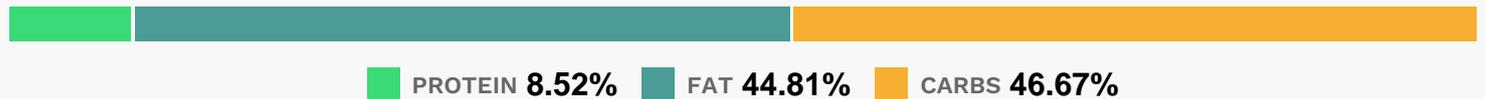
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 350F. Prepare corn bread mix as directed on package. Stir in 1/2 cup of the corn and the cheese.
- Pour into lightly greased 8-inch square baking pan.
- Bake 20 min.
- Meanwhile, heat oil in large skillet on medium heat.
- Add onions; cook 4 to 5 min. or until softened. Stir in poblano chiles and remaining corn. Cook 5 min. or until heated through. Stir in sour cream, water and salt; cook 3 min. or until heated through.
- Cut corn bread into 12 equal squares; top evenly with poblano mixture.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:2.13, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:2.633043497153%

## Flavonoids

Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

## Nutrients (% of daily need)

Calories: 69.03kcal (3.45%), Fat: 3.48g (5.35%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 8.14g (2.71%), Net Carbohydrates: 7.31g (2.66%), Sugar: 2.26g (2.52%), Cholesterol: 4.31mg (1.44%), Sodium: 116.13mg (5.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.97%), Vitamin C: 13.17mg (15.97%), Phosphorus:

59.03mg (5.9%), Fiber: 0.84g (3.35%), Folate: 13.2µg (3.3%), Vitamin B1: 0.05mg (3.16%), Manganese: 0.05mg (2.73%), Vitamin B6: 0.05mg (2.59%), Vitamin B2: 0.04mg (2.55%), Calcium: 24.24mg (2.42%), Vitamin K: 2.35µg (2.24%), Vitamin A: 110.75IU (2.21%), Vitamin B3: 0.43mg (2.17%), Vitamin E: 0.26mg (1.76%), Potassium: 59.04mg (1.69%), Selenium: 1.14µg (1.63%), Iron: 0.29mg (1.61%), Magnesium: 5.84mg (1.46%), Zinc: 0.18mg (1.21%), Copper: 0.02mg (1.16%)