



Cornbread Chili Stacks

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



174 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup cornmeal yellow
- 0.8 cup buttermilk
- 2 tablespoons butter melted
- 0.5 teaspoon chili powder
- 1 eggs
- 15 oz pepper flakes canned
- 14.5 oz tomatoes diced with mild green chilies, undrained canned
- 3 oz processed cheese food

0.7 cup frangelico

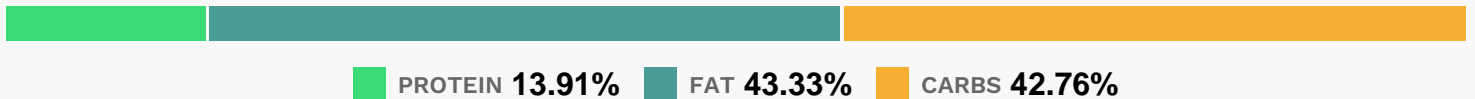
Equipment

- bowl
- frying pan
- sauce pan
- oven
- toothpicks

Directions

- Heat oven to 450°F. Spray 8-inch square pan with with cooking spray. In medium bowl, stir cornmeal, Bisquick mix, buttermilk, butter, chili powder and egg until mixed.
- Pour into pan.
- Bake uncovered 18 to 20 minutes or until toothpick inserted in center comes out clean.
- Meanwhile, in 2-quart saucepan, heat chili and tomatoes over medium heat, stirring occasionally, until bubbly.
- Cut corn bread into 4 squares; cut each square diagonally into 2 triangles. Split each corn bread triangle horizontally. Fill triangles with 1/4 cup chili mixture and cheese piece. Spoon about 1/4 cup chili mixture on top.

Nutrition Facts



Properties

Glycemic Index:21.44, Glycemic Load:8.68, Inflammation Score:-7, Nutrition Score:13.468695568002%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 174.01kcal (8.7%), Fat: 8.66g (13.32%), Saturated Fat: 3.29g (20.59%), Carbohydrates: 19.23g (6.41%), Net Carbohydrates: 16.47g (5.99%), Sugar: 5.64g (6.27%), Cholesterol: 33.57mg (11.19%), Sodium: 322.99mg (14.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.51%), Vitamin C: 81.17mg (98.39%), Vitamin B6: 0.44mg (22%), Vitamin A: 895.7IU (17.91%), Calcium: 165.78mg (16.58%), Phosphorus: 165.5mg (16.55%), Manganese: 0.24mg (12.17%), Fiber: 2.76g (11.02%), Potassium: 371.66mg (10.62%), Vitamin B2: 0.18mg (10.53%), Magnesium: 39.79mg (9.95%), Iron: 1.68mg (9.35%), Vitamin K: 9.45µg (9%), Selenium: 5.91µg (8.44%), Vitamin B1: 0.12mg (8.08%), Copper: 0.16mg (7.79%), Zinc: 1.1mg (7.33%), Vitamin E: 1.09mg (7.24%), Vitamin B3: 1.44mg (7.22%), Folate: 26.03µg (6.51%), Vitamin B12: 0.32µg (5.26%), Vitamin B5: 0.47mg (4.73%), Vitamin D: 0.47µg (3.11%)