



Cornbread-Crusted Chile Beans

READY IN



45 min.

SERVINGS



4

CALORIES



526 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounce chiles green chopped canned
- ☐ 14.5 ounce canned tomatoes diced chili-style canned (such as Del Monte)
- ☐ 1 teaspoon chili powder
- ☐ 8.5 ounce just-add-water cornbread mix (such as Jiffy)
- ☐ 2 large egg whites
- ☐ 0.3 cup milk fat-free
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon hot sauce
- ☐ 1 teaspoon olive oil

- ☐ 1 cup onion chopped
- ☐ 15 ounce kidney beans light red rinsed drained canned
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat

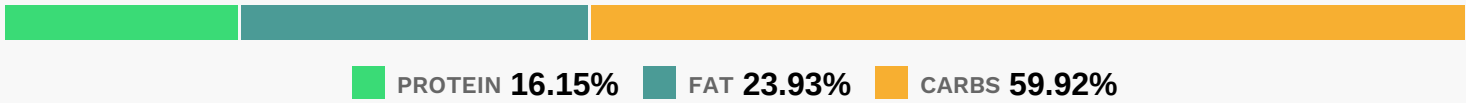
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350
- ☐ Heat oil in a 10-inch ovenproof nonstick skillet over medium-high heat.
- ☐ Add onion; saut 5 minutes.
- ☐ Add kidney beans and next 5 ingredients; cook 5 minutes.
- ☐ Remove from heat.
- ☐ Combine cornbread mix and remaining 3 ingredients; stir until blended. Spoon batter over bean mixture.
- ☐ Bake at 350 for 30 minutes.
- ☐ Cut into 4 equal wedges.

Nutrition Facts



Properties

Glycemic Index:40.38, Glycemic Load:8.48, Inflammation Score:-8, Nutrition Score:26.203043543774%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 15.37mg, Quercetin: 15.37mg, Quercetin: 15.37mg, Quercetin: 15.37mg

Nutrients (% of daily need)

Calories: 526.32kcal (26.32%), Fat: 14.28g (21.97%), Saturated Fat: 4.89g (30.57%), Carbohydrates: 80.48g (26.83%), Net Carbohydrates: 65.38g (23.77%), Sugar: 20.06g (22.29%), Cholesterol: 15.99mg (5.33%), Sodium: 907.64mg (39.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.68g (43.36%), Fiber: 15.1g (60.4%), Folate: 234.77µg (58.69%), Phosphorus: 585.25mg (58.53%), Manganese: 0.96mg (47.88%), Iron: 6.73mg (37.37%), Vitamin B1: 0.55mg (36.34%), Vitamin C: 24.22mg (29.35%), Potassium: 975.62mg (27.87%), Vitamin B2: 0.47mg (27.43%), Copper: 0.53mg (26.42%), Calcium: 250.84mg (25.08%), Magnesium: 97.79mg (24.45%), Vitamin B6: 0.48mg (23.82%), Vitamin B3: 4.23mg (21.14%), Selenium: 13.39µg (19.12%), Vitamin K: 19.06µg (18.15%), Zinc: 2.5mg (16.69%), Vitamin A: 663.47IU (13.27%), Vitamin E: 1.87mg (12.48%), Vitamin B5: 1.05mg (10.5%), Vitamin B12: 0.34µg (5.63%), Vitamin D: 0.31µg (2.06%)