



Cornbread Salad II

READY IN



30 min.

SERVINGS



8

CALORIES



840 kcal

SIDE DISH

Ingredients

- 1 pound bacon
- 16 ounces just-add-water cornbread mix
- 2 eggs
- 1 bell pepper green finely chopped
- 1.5 cups mayonnaise
- 0.7 cup milk
- 1 onion finely chopped
- 1 cup pickle sweet chopped
- 1 cup pickle sweet chopped

- 0.5 cup juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer) sweet
- 2 tomatoes diced

Equipment

- bowl
- frying pan
- oven
- knife
- whisk

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 9x13 inch pan.
- Combine the cornbread muffin mix, eggs and milk, stir until just combined.
- Pour batter into the prepared pan.
- Bake for 20 to 30 minutes or until a knife inserted in the center comes out clean. Set aside to cool. Once cool crumble into bite-size chunks.
- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain, crumble and set aside.
- Whisk together the pickle juice and mayonnaise.
- In a large bowl layer 1/2 of the crumbled cornbread followed by the onion, pepper, tomatoes and pickles.
- Drizzle with 1/2 of the dressing and repeat. Top with bacon and chill for 1 hour.

Nutrition Facts



PROTEIN 6.85% **FAT 67.48%** **CARBS 25.67%**

Properties

Glycemic Index:20.38, Glycemic Load:1.12, Inflammation Score:-6, Nutrition Score:18.850434759389%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 840kcal (42%), Fat: 62.79g (96.6%), Saturated Fat: 14.98g (93.6%), Carbohydrates: 53.74g (17.91%), Net Carbohydrates: 48.81g (17.75%), Sugar: 21.54g (23.93%), Cholesterol: 99.56mg (33.19%), Sodium: 1527.76mg (66.42%), Alcohol: Og (100%), Protein: 14.35g (28.7%), Vitamin K: 92.99µg (88.56%), Phosphorus: 431.27mg (43.13%), Vitamin B1: 0.45mg (30.29%), Selenium: 19.37µg (27.67%), Vitamin B3: 4.52mg (22.59%), Vitamin C: 17.51mg (21.23%), Fiber: 4.92g (19.69%), Vitamin B2: 0.31mg (18.33%), Folate: 69.1µg (17.27%), Vitamin B6: 0.34mg (17.07%), Vitamin A: 809.51IU (16.19%), Vitamin E: 2.2mg (14.66%), Manganese: 0.29mg (14.37%), Iron: 2.19mg (12.16%), Potassium: 387.65mg (11.08%), Calcium: 100.74mg (10.07%), Vitamin B12: 0.59µg (9.88%), Vitamin B5: 0.98mg (9.82%), Zinc: 1.42mg (9.48%), Magnesium: 33.51mg (8.38%), Copper: 0.13mg (6.61%), Vitamin D: 0.75µg (5.03%)