



Country Sausage Cornbread

READY IN



40 min.

SERVINGS



8

CALORIES



247 kcal

Ingredients

- 8 oz boca veggie breakfast links frozen chopped
- 2 stalks celery chopped
- 8.5 oz corn muffin mix
- 0.3 cup cholesterol-free egg product
- 1 cup milk
- 0.5 cup onions chopped

Equipment

- bowl
- oven

toothpicks

Directions

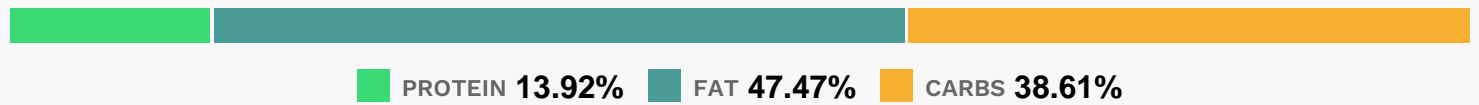
Heat oven to 425F.

Mix first 3 ingredients in medium bowl just until muffin mix is moistened. Stir in remaining ingredients.

Pour into 9-inch pie plate sprayed with cooking spray.

Bake 25 min. or until toothpick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:15.63, Glycemic Load:0.79, Inflammation Score:-3, Nutrition Score:7.3256521639617%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 246.65kcal (12.33%), Fat: 12.92g (19.88%), Saturated Fat: 4.24g (26.49%), Carbohydrates: 23.64g (7.88%), Net Carbohydrates: 21.36g (7.77%), Sugar: 8.18g (9.09%), Cholesterol: 52.92mg (17.64%), Sodium: 457.17mg (19.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.52g (17.05%), Phosphorus: 236.71mg (23.67%), Vitamin B1: 0.23mg (15.56%), Vitamin B3: 2.42mg (12.11%), Vitamin B2: 0.2mg (11.87%), Folate: 37.37µg (9.34%), Fiber: 2.29g (9.15%), Vitamin B6: 0.18mg (8.81%), Vitamin B12: 0.5µg (8.34%), Zinc: 1.04mg (6.93%), Iron: 1.24mg (6.9%), Calcium: 67.79mg (6.78%), Selenium: 4.69µg (6.7%), Manganese: 0.12mg (6.14%), Vitamin B5: 0.6mg (6.02%), Potassium: 201.17mg (5.75%), Vitamin D: 0.86µg (5.71%), Vitamin K: 4.7µg (4.48%), Magnesium: 17.87mg (4.47%), Vitamin A: 191.42IU (3.83%), Copper: 0.06mg (2.87%), Vitamin C: 1.28mg (1.55%), Vitamin E: 0.23mg (1.51%)