



Country Skillet Bacon Corn Bread

READY IN



30 min.

SERVINGS



12

CALORIES



279 kcal

Ingredients

- 10 slices oscar mayer butcher hickory bacon smoked thick cut cooked chopped
- 1 cup buttermilk
- 17 oz corn muffin mix
- 2 eggs
- 0.8 cup regular corn frozen
- 0.3 tsp ground pepper red (cayenne)
- 0.5 cup bell peppers red chopped

Equipment

- bowl

frying pan

oven

Directions

Heat oven to 450F.

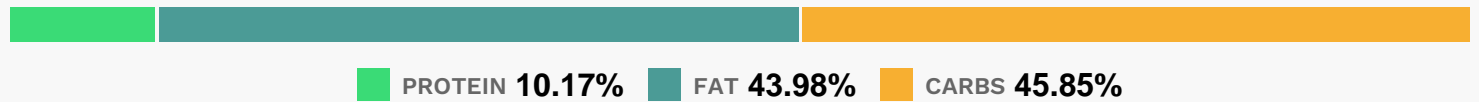
Mix first 5 ingredients in large bowl.

Add remaining ingredients; stir just until blended.

Pour into 12-inch cast iron skillet.

Bake 18 to 20 min. or until golden brown. Cool slightly.

Nutrition Facts



Properties

Glycemic Index:7.92, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:8.0217390682386%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 279.05kcal (13.95%), Fat: 13.64g (20.99%), Saturated Fat: 4.31g (26.91%), Carbohydrates: 32g (10.66%), Net Carbohydrates: 28.96g (10.53%), Sugar: 9.44g (10.49%), Cholesterol: 42.38mg (14.13%), Sodium: 481.68mg (20.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.1g (14.19%), Phosphorus: 265.01mg (26.5%), Vitamin B1: 0.25mg (16.57%), Selenium: 9.02µg (12.88%), Folate: 48.82µg (12.2%), Vitamin B2: 0.21mg (12.16%), Fiber: 3.04g (12.16%), Vitamin B3: 2.34mg (11.7%), Vitamin C: 8.76mg (10.62%), Vitamin B6: 0.16mg (7.86%), Manganese: 0.16mg (7.77%), Iron: 1.31mg (7.3%), Vitamin A: 335.97IU (6.72%), Vitamin B5: 0.53mg (5.33%), Calcium: 51.82mg (5.18%), Vitamin B12: 0.29µg (4.75%), Magnesium: 18.82mg (4.71%), Zinc: 0.7mg (4.7%), Potassium: 162.98mg (4.66%), Vitamin D: 0.48µg (3.2%), Copper: 0.06mg (2.93%), Vitamin K: 2.42µg (2.31%), Vitamin E: 0.34mg (2.29%)