



Garden Tomato Upside-Down Corn Bread

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



205 kcal

BREAD

Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 teaspoon chili powder
- 2 large egg whites lightly beaten
- 1 cup flour all-purpose
- 2 garlic cloves minced
- 1 teaspoon penzey's southwest seasoning dried italian
- 3 tablespoons catsup
- 0.5 teaspoon garlic-pepper seasoning

- 0.3 cup onion fresh minced
- 0.5 teaspoon pepper
- 4 to 6 plum tomatoes cut into 1/4-inch-thick slices
- 0.5 teaspoon salt
- 2 ounces sharp cheddar cheese grated
- 1 cup skim milk
- 3 tablespoons sugar
- 1 tablespoon vegetable oil
- 2 tablespoons vegetable oil
- 1 cup cornmeal yellow

Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 40
- Heat 1 tablespoon oil in a 9-inch cast-iron skillet over medium heat.
- Add Italian seasoning and garlic; saut 1 minute. Arrange tomato slices in a circular pattern in skillet.
- Sprinkle with salt and pepper. Reduce heat to low.
- Combine flour and next 7 ingredients (flour through cheese) in a large bowl.
- Add milk, ketchup, 2 tablespoons oil, and egg whites, stirring until moist.
- Pour batter into skillet.
- Bake at 400 for 30 minutes or until a wooden pick inserted in center comes out clean.
- Place a plate upside down on top of skillet, and invert onto plate.

Nutrition Facts



■ PROTEIN 11.84% ■ FAT 31.23% ■ CARBS 56.93%

Properties

Glycemic Index:52.98, Glycemic Load:17.49, Inflammation Score:-5, Nutrition Score:7.8543478924295%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 204.83kcal (10.24%), Fat: 7.2g (11.07%), Saturated Fat: 1.93g (12.04%), Carbohydrates: 29.52g (9.84%), Net Carbohydrates: 27.12g (9.86%), Sugar: 6.98g (7.76%), Cholesterol: 6.4mg (2.13%), Sodium: 346.53mg (15.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.28%), Calcium: 155.91mg (15.59%), Phosphorus: 138.85mg (13.89%), Manganese: 0.27mg (13.74%), Selenium: 8.81µg (12.58%), Vitamin B1: 0.17mg (11.67%), Vitamin K: 11.51µg (10.96%), Vitamin B2: 0.18mg (10.56%), Fiber: 2.4g (9.59%), Folate: 35.66µg (8.92%), Vitamin B6: 0.16mg (8.09%), Iron: 1.42mg (7.87%), Magnesium: 30.18mg (7.55%), Vitamin A: 370.74IU (7.41%), Vitamin B3: 1.41mg (7.07%), Zinc: 0.98mg (6.51%), Potassium: 207.74mg (5.94%), Vitamin C: 4.07mg (4.93%), Vitamin E: 0.72mg (4.8%), Copper: 0.09mg (4.38%), Vitamin B12: 0.21µg (3.47%), Vitamin B5: 0.31mg (3.11%), Vitamin D: 0.3µg (2.02%)