



Gluten-Free "A Maize ing" Cornbread

READY IN



55 min.

SERVINGS



18

CALORIES



205 kcal

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1.3 cups cornmeal gluten-free
- ☐ 3 eggs beaten
- ☐ 1 lb sausage meat gluten-free cooked drained
- ☐ 5 teaspoons jalapeno seeded finely chopped
- ☐ 4 oz cheddar cheese gluten-free shredded
- ☐ 1.3 cups cream gluten-free sour
- ☐ 1 tablespoon sugar
- ☐ 0.5 cup vegetable oil
- ☐ 1 box betty crocker's cake mix gluten free yellow

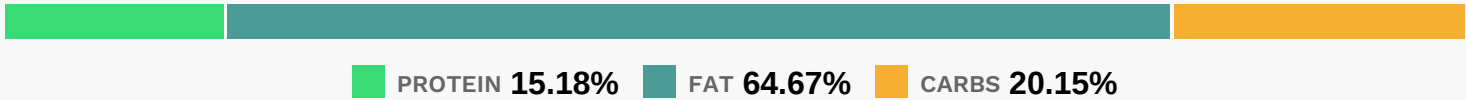
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Heat oven to 350F. Grease 13x9-inch pan.
- ☐ Sprinkle pan with 1 tablespoon of the cornmeal.
- ☐ In large bowl, mix cake mix, 1 1/3 cups cornmeal, sugar and baking soda; mix well.
- ☐ In small bowl, mix sour cream, oil and eggs.
- ☐ Add to cornmeal mixture; mix well. Fold in sausage, cheese and jalapeo chile.
- ☐ Spread in pan.
- ☐ Bake 35 to 40 minutes or until toothpick inserted in center comes out clean.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:12.53, Glycemic Load:5.65, Inflammation Score:-2, Nutrition Score:5.2847826377205%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 205.43kcal (10.27%), Fat: 14.74g (22.68%), Saturated Fat: 5.69g (35.53%), Carbohydrates: 10.34g (3.45%), Net Carbohydrates: 9.19g (3.34%), Sugar: 1.54g (1.71%), Cholesterol: 61.78mg (20.59%), Sodium: 248.08mg (10.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.57%), Phosphorus: 117.2mg (11.72%), Vitamin B6: 0.18mg (8.81%), Zinc: 1.3mg (8.64%), Vitamin B2: 0.13mg (7.81%), Selenium: 5.38µg (7.69%), Vitamin B3: 1.52mg

(7.59%), Vitamin B1: 0.11mg (7.56%), Calcium: 69mg (6.9%), Vitamin B12: 0.38µg (6.37%), Magnesium: 20.62mg (5.16%), Vitamin A: 242.74IU (4.85%), Fiber: 1.15g (4.58%), Vitamin B5: 0.44mg (4.39%), Iron: 0.79mg (4.37%), Manganese: 0.08mg (4.13%), Potassium: 140.14mg (4%), Vitamin D: 0.51µg (3.41%), Vitamin K: 3.04µg (2.89%), Vitamin E: 0.43mg (2.86%), Copper: 0.06mg (2.81%), Folate: 10.42µg (2.61%), Vitamin C: 1.98mg (2.4%)