



Green Chile Cornbread

 Vegetarian  Gluten Free

READY IN



37 min.

SERVINGS



16

CALORIES



128 kcal

Ingredients

- ☐ 1 cup cornmeal
- ☐ 2 tablespoons sugar
- ☐ 0.5 teaspoon salt
- ☐ 1 cup milk
- ☐ 0.3 cup vegetable oil
- ☐ 2 eggs
- ☐ 1 cup sharp cheddar cheese shredded
- ☐ 0.7 cup regular corn thawed drained
- ☐ 4 oz chilis green chopped canned

☐ 1 cup frangelico

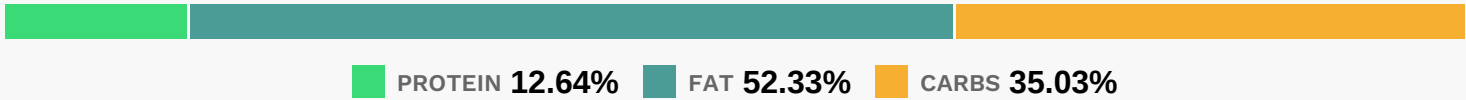
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 400°F. Spray bottom of 9-inch square pan with cooking spray or grease with shortening.
- ☐ Stir Bisquick mix, cornmeal, sugar, salt, milk, oil and eggs in medium bowl just until moistened. Gently stir in remaining ingredients.
- ☐ Pour into pan.
- ☐ Bake 28 to 32 minutes or until light brown.
- ☐ Serve warm

Nutrition Facts



Properties

Glycemic Index:16.19, Glycemic Load:6.35, Inflammation Score:-2, Nutrition Score:3.953043481578%

Nutrients (% of daily need)

Calories: 127.52kcal (6.38%), Fat: 7.52g (11.57%), Saturated Fat: 2.45g (15.31%), Carbohydrates: 11.33g (3.78%), Net Carbohydrates: 10.13g (3.68%), Sugar: 2.72g (3.02%), Cholesterol: 29.35mg (9.78%), Sodium: 161.08mg (7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.17%), Phosphorus: 86.72mg (8.67%), Calcium: 75.17mg (7.52%), Selenium: 4.62µg (6.59%), Vitamin K: 6.54µg (6.23%), Vitamin B2: 0.09mg (5.45%), Vitamin B6: 0.1mg (4.98%), Zinc: 0.75mg (4.98%), Fiber: 1.21g (4.83%), Magnesium: 16.98mg (4.25%), Manganese: 0.08mg (3.88%), Vitamin B12: 0.21µg (3.44%), Vitamin C: 2.78mg (3.37%), Vitamin B1: 0.05mg (3.29%), Folate: 12.75µg (3.19%), Vitamin A: 150.98IU (3.02%), Iron: 0.53mg (2.94%), Vitamin E: 0.44mg (2.93%), Vitamin B5: 0.29mg (2.86%), Potassium: 89.94mg (2.57%), Vitamin D: 0.32µg (2.13%), Vitamin B3: 0.42mg (2.11%), Copper: 0.03mg (1.69%)