

Green Chile Cornbread



Vegetarian



Gluten Free

READY IN



37 min.

SERVINGS



16

CALORIES



127 kcal

Ingredients

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

- ☐ 1 cup frangelico
- ☐ 1 cup frangelico

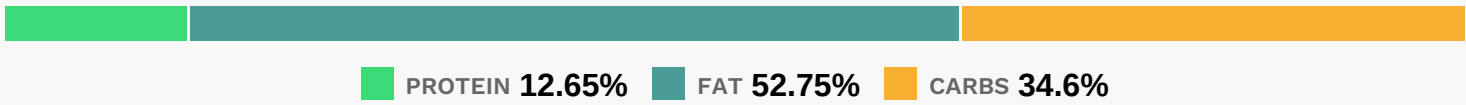
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 400F. 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:3.7439130700153%

Nutrients (% of daily need)

Calories: 126.53kcal (6.33%), Fat: 7.52g (11.57%), Saturated Fat: 2.45g (15.33%), Carbohydrates: 11.1g (3.7%), Net Carbohydrates: 9.98g (3.63%), Sugar: 2.72g (3.02%), Cholesterol: 29.38mg (9.79%), Sodium: 140.55mg (6.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.11%), Phosphorus: 86.26mg (8.63%), Calcium: 73.47mg (7.35%), Selenium: 4.61µg (6.58%), Vitamin K: 6.54µg (6.23%), Vitamin B2: 0.09mg (5.36%), Zinc: 0.74mg (4.96%), Vitamin B6: 0.09mg (4.67%), Fiber: 1.12g (4.48%), Magnesium: 16.78mg (4.2%), Manganese: 0.08mg (3.88%), Vitamin B12: 0.21µg (3.44%), Vitamin B1: 0.05mg (3.25%), Vitamin E: 0.44mg (2.93%), Vitamin A: 144.66IU (2.89%), Vitamin B5: 0.28mg (2.82%), Iron: 0.46mg (2.56%), Folate: 9.94µg (2.49%), Potassium: 84.07mg (2.4%), Vitamin D: 0.32µg (2.14%), Vitamin B3: 0.39mg (1.95%), Copper: 0.03mg (1.69%), Vitamin C: 0.99mg (1.21%)