



Green Chile Cornbread

 Vegetarian

READY IN



37 min.

SERVINGS



16

CALORIES



159 kcal

Ingredients

- 0.7 cup regular corn fresh green frozen thawed drained giant® niblets®
- 1 cup cornmeal
- 2 eggs
- 2 tablespoons chilis diced green old el paso®
- 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 baking mix original bisquick®

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.

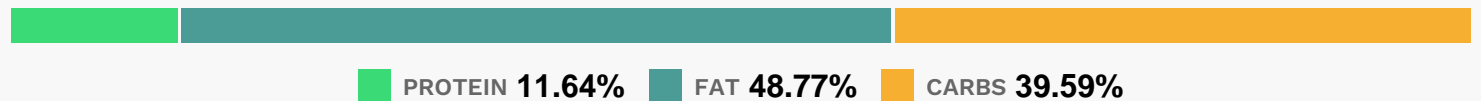
Stir Bisquick mix, cornmeal, sugar, salt, milk, oil and eggs in medium bowl just until moistened. Gently stir in remaining ingredients.

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:4.7052174029143%

Nutrients (% of daily need)

Calories: 158.63kcal (7.93%), Fat: 8.67g (13.34%), Saturated Fat: 2.75g (17.19%), Carbohydrates: 15.84g (5.28%), Net Carbohydrates: 14.57g (5.3%), Sugar: 3.59g (3.99%), Cholesterol: 29.53mg (9.84%), Sodium: 236.25mg (10.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.31%), Phosphorus: 130.13mg (13.01%), Calcium: 86.89mg (8.69%), Selenium: 5.17µg (7.39%), Vitamin B2: 0.12mg (7.29%), Vitamin K: 7.03µg (6.69%), Vitamin B1: 0.09mg (6.13%), Zinc: 0.79mg (5.26%), Manganese: 0.1mg (5.15%), Fiber: 1.28g (5.11%), Vitamin B6: 0.1mg (4.95%), Folate: 19.32µg (4.83%), Magnesium: 18.66mg (4.66%), Vitamin B12: 0.24µg (3.93%), Iron: 0.67mg (3.71%), Vitamin B3: 0.73mg (3.65%), Vitamin B5: 0.35mg (3.48%), Vitamin E: 0.45mg (3%), Vitamin A: 144.96IU (2.9%), Potassium: 96.3mg (2.75%), Copper: 0.05mg (2.27%), Vitamin D: 0.32µg (2.14%), Vitamin C: 1.02mg (1.23%)