



## Healthier Cheesy Cornbread Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



528 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 teaspoons double-acting baking powder
- 1 tablespoon butter
- 0.3 cup canola oil
- 1 cup celery finely chopped
- 1 cup corn kernels frozen
- 1 cup cornmeal
- 2 eggs
- 0.5 cup flour all-purpose
- 1 cup bell pepper green finely chopped

- 1 cup spring onion sliced
- 1 teaspoon ground sage
- 6 hot dogs sliced quartered
- 2 tablespoons jalapeno chopped
- 1 cup cheddar cheese shredded low-fat
- 1 cup milk
- 0.8 teaspoon salt
- 0.3 cup sugar
- 0.5 teaspoon pepper white
- 0.5 cup flour whole wheat

## Equipment

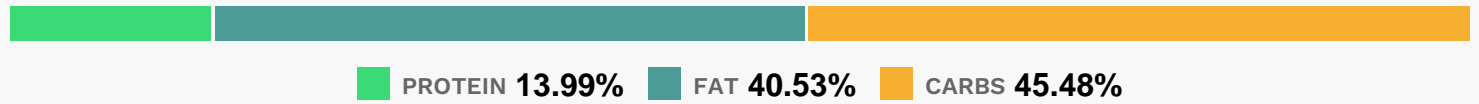
- bowl
- frying pan
- oven
- whisk
- baking pan
- wok
- skewers

## Directions

- Preheat oven to 400
- Mix first 8 ingredients in a large bowl, set aside.
- Whisk together eggs, milk, oil, and jalapenos in a small bowl, set aside.
- Sauté celery, onion, and peppers in butter for 5 minutes in a large skillet or wok.
- Add chopped hotdogs to vegetable mixture, sauté 5 more minutes.
- Add corn kernels to skillet, cook till warm. Make a well in the dry ingredients.
- Pour egg mixture into dry ingredients, stirring just till moist.
- Add all but 1 cup of hot dog mixture, plus about half the cheese, to batter and mix to combine.

- Spread batter into a shallow baking dish. Top with remaining hotdog mixture and remaining cheese.
- Bake for 20- 30 minutes until golden brown and a fork or skewer comes out clean when you poke it into the casserole.

## Nutrition Facts



### Properties

Glycemic Index:87.93, Glycemic Load:27.27, Inflammation Score:-7, Nutrition Score:22.730869604194%

### Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

### Nutrients (% of daily need)

Calories: 528.48kcal (26.42%), Fat: 24.32g (37.41%), Saturated Fat: 6.7g (41.88%), Carbohydrates: 61.38g (20.46%), Net Carbohydrates: 55.67g (20.24%), Sugar: 13.54g (15.04%), Cholesterol: 88.66mg (29.55%), Sodium: 1122.32mg (48.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.89g (37.78%), Vitamin K: 49.85µg (47.48%), Selenium: 31.67µg (45.24%), Manganese: 0.82mg (40.78%), Phosphorus: 400.73mg (40.07%), Vitamin C: 30.07mg (36.45%), Calcium: 334.61mg (33.46%), Vitamin B2: 0.44mg (26.1%), Vitamin B1: 0.39mg (25.97%), Folate: 94.29µg (23.57%), Fiber: 5.71g (22.84%), Iron: 3.81mg (21.19%), Vitamin B3: 4.1mg (20.51%), Zinc: 2.98mg (19.88%), Vitamin B6: 0.39mg (19.62%), Magnesium: 72.82mg (18.2%), Vitamin E: 2.48mg (16.55%), Potassium: 475.47mg (13.58%), Vitamin A: 644.09IU (12.88%), Vitamin B12: 0.68µg (11.34%), Copper: 0.22mg (11.02%), Vitamin B5: 1.1mg (11.02%), Vitamin D: 0.76µg (5.06%)