



Kentucky Hot Brown Cornbread Skillet

READY IN



25 min.

SERVINGS



4

CALORIES



792 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 6 oz buttermilk cornbread mix white
- ☐ 1 large eggs lightly beaten
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 cup fried onions french canned
- ☐ 0.3 teaspoon mccormick gourmet collection ground pepper red (Cayenne)
- ☐ 0.5 cup milk
- ☐ 2 cups milk
- ☐ 1.5 cups parmesan cheese divided freshly grated

- ☐ 0.3 teaspoon mccormick gourmet collection peppercorns black freshly ground
- ☐ 1 cup oscar mayer real bacon pieces divided
- ☐ 0.5 teaspoon salt
- ☐ 1 large tomatoes sliced
- ☐ 2 cups turkey cooked chopped
- ☐ 1 teaspoon worcestershire sauce

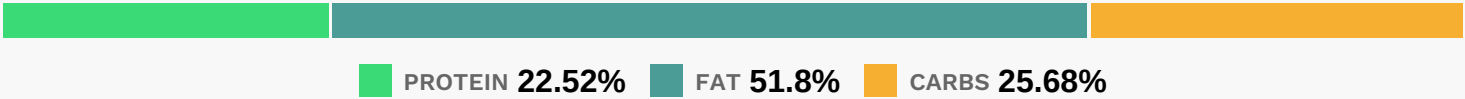
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Generously grease a 10-inch cast-iron skillet; heat in a 425 oven 5 minutes.
- ☐ Stir together cornbread mix and next 3 ingredients, and spoon evenly into hot skillet.
- ☐ Bake at 425 for 8 to 10 minutes or just until light golden brown and set.
- ☐ Melt butter in a medium saucepan over medium heat.
- ☐ Whisk in flour, and cook, whisking constantly, 1 minute. Gradually whisk in 2 cups milk, and cook, whisking constantly, 3 to 5 minutes or until mixture is smooth and thickened. Stir in Worcestershire sauce, next 3 ingredients, and 1/2 cup grated Parmesan cheese until blended.
- ☐ Remove from heat, and keep warm.
- ☐ Spoon turkey evenly over cooked cornbread mixture in skillet, and top with warm Parmesan sauce.
- ☐ Sprinkle with remaining 1 cup Parmesan cheese and 1/2 cup bacon pieces.
- ☐ Bake at 425 for 8 to 12 minutes or until bubbly and lightly browned. Top with tomato slices and remaining 1/2 cup bacon pieces.
- ☐ Sprinkle with parsley and Parmesan cheese, if desired.
- ☐ Serve immediately.
- ☐ *2 cups quartered grape tomatoes may be substituted.

Nutrition Facts



Properties

Glycemic Index:75.75, Glycemic Load:6.33, Inflammation Score:-8, Nutrition Score:23.662608768629%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 792.23kcal (39.61%), Fat: 45.67g (70.27%), Saturated Fat: 23.9g (149.35%), Carbohydrates: 50.95g (16.98%), Net Carbohydrates: 47.38g (17.23%), Sugar: 17.46g (19.4%), Cholesterol: 204.93mg (68.31%), Sodium: 2444.73mg (106.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.67g (89.34%), Phosphorus: 737.35mg (73.74%), Calcium: 568.14mg (56.81%), Selenium: 34.9µg (49.86%), Vitamin B2: 0.65mg (38.15%), Vitamin B12: 2.11µg (35.16%), Vitamin B3: 6.04mg (30.18%), Vitamin A: 1452.59IU (29.05%), Vitamin B6: 0.54mg (26.86%), Vitamin B1: 0.37mg (24.61%), Zinc: 3.68mg (24.5%), Potassium: 609.02mg (17.4%), Folate: 68.88µg (17.22%), Manganese: 0.32mg (16.17%), Vitamin B5: 1.58mg (15.76%), Magnesium: 62.97mg (15.74%), Vitamin D: 2.26µg (15.09%), Fiber: 3.56g (14.25%), Iron: 2.39mg (13.25%), Vitamin K: 8.53µg (8.13%), Vitamin C: 6.47mg (7.84%), Vitamin E: 1.1mg (7.3%), Copper: 0.14mg (7.17%)