



Kickin' Cornbread

 Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



200 kcal

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 4.5 oz chilis green undrained chopped old el paso® canned
- ☐ 14.8 oz corn green cream style giant® canned
- ☐ 13 oz just-add-water cornbread mix betty crocker®
- ☐ 2 eggs

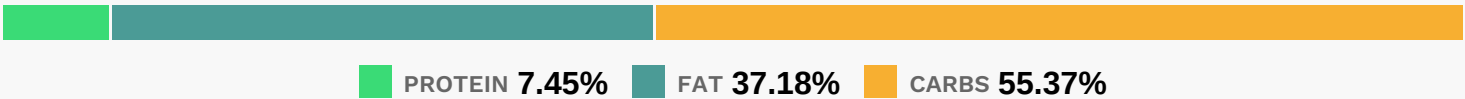
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 400°F. Spray 9-inch square pan with cooking spray. In medium bowl, mix ingredients just until moistened (batter will be lumpy).
- ☐ Spread batter in pan.
- ☐ Bake about 30 minutes or until golden brown.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:5.4917391227639%

Nutrients (% of daily need)

Calories: 200.19kcal (10.01%), Fat: 8.43g (12.96%), Saturated Fat: 1.99g (12.46%), Carbohydrates: 28.24g (9.41%), Net Carbohydrates: 25.64g (9.32%), Sugar: 7.4g (8.22%), Cholesterol: 27.89mg (9.3%), Sodium: 439.08mg (19.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.6%), Phosphorus: 184.73mg (18.47%), Folate: 52.78µg (13.2%), Fiber: 2.6g (10.38%), Vitamin B1: 0.14mg (9.6%), Vitamin B2: 0.14mg (8.26%), Vitamin B3: 1.43mg (7.17%), Iron: 1.17mg (6.5%), Vitamin C: 5.1mg (6.19%), Manganese: 0.12mg (6.12%), Selenium: 4.14µg (5.92%), Vitamin A: 283.26IU (5.67%), Vitamin B6: 0.09mg (4.35%), Magnesium: 14.74mg (3.69%), Vitamin B5: 0.34mg (3.35%), Zinc: 0.46mg (3.09%), Potassium: 105.52mg (3.01%), Calcium: 27.9mg (2.79%), Copper: 0.05mg (2.48%), Vitamin E: 0.3mg (1.98%), Vitamin B12: 0.1µg (1.63%), Vitamin K: 1.56µg (1.48%)