



Layered Mexican Cornbread Salads

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



694 kcal

SIDE DISH

Ingredients

- ☐ 6.5 oz just-add-water cornbread mix
- ☐ 1 pouch cornbread melted
- ☐ 1 tablespoon canola oil
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 clove garlic
- ☐ 1 tablespoons juice of lime fresh (1 medium)
- ☐ 1 tablespoon honey
- ☐ 0.5 teaspoon ground cumin

- ☐ 0.5 cup canola oil
- ☐ 1 serving pepper black freshly ground to taste
- ☐ 1.5 cups the salad mixed
- ☐ 15 oz black beans rinsed drained canned
- ☐ 1 cup tomatoes chopped
- ☐ 0.5 cup onion red chopped
- ☐ 2 avocado pitted peeled chopped
- ☐ 1 mangos peeled chopped
- ☐ 2 bell pepper red seeded chopped
- ☐ 15.3 oz corn whole drained canned

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Heat oven as directed on cornbread mix pouch. Make cornbread as directed on pouch, using milk, melted butter and egg.
- ☐ Cut one-fourth of cornbread into cubes; place on ungreased cookie sheet. Toss with 1 tablespoon canola oil.
- ☐ Bake 10 minutes or until edges are browned.
- ☐ Remove from cookie sheet to bowl.
- ☐ Meanwhile, in blender, place all Vinaigrette ingredients except salt and pepper. Cover; blend well. Stir in salt and pepper to taste.
- ☐ In 4 (8-oz) jars, layer Salad ingredients starting with mixed salad greens. Top each salad with 2 tablespoons Vinaigrette. Cover jars with lids; shake.
- ☐ Remove lids; top each with cornbread croutons. Cover jars again.
- ☐ Serve salads with slices of remaining cornbread.

Nutrition Facts



■ PROTEIN 8.82% ■ FAT 39.82% ■ CARBS 51.36%

Properties

Glycemic Index:85.01, Glycemic Load:8.2, Inflammation Score:-10, Nutrition Score:34.14130404462%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

Nutrients (% of daily need)

Calories: 694.23kcal (34.71%), Fat: 31.92g (49.11%), Saturated Fat: 4.67g (29.18%), Carbohydrates: 92.61g (30.87%), Net Carbohydrates: 72.57g (26.39%), Sugar: 25.89g (28.76%), Cholesterol: 1.06mg (0.35%), Sodium: 980.07mg (42.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.91g (31.83%), Vitamin C: 121.54mg (147.32%), Fiber: 20.04g (80.14%), Folate: 286.29µg (71.57%), Vitamin A: 3181.08IU (63.62%), Phosphorus: 484.59mg (48.46%), Manganese: 0.82mg (40.97%), Vitamin K: 41.21µg (39.25%), Potassium: 1368.53mg (39.1%), Vitamin E: 5.4mg (36.01%), Vitamin B6: 0.69mg (34.55%), Vitamin B1: 0.51mg (33.89%), Vitamin B3: 6.09mg (30.45%), Vitamin B2: 0.5mg (29.19%), Copper: 0.58mg (29.13%), Magnesium: 111.21mg (27.8%), Iron: 4.77mg (26.48%), Vitamin B5: 2.2mg (21.99%), Zinc: 2.15mg (14.33%), Calcium: 103.46mg (10.35%), Selenium: 5.09µg (7.27%)