



Light Texas Corn Bread

READY IN



45 min.

SERVINGS



12

CALORIES



165 kcal

Ingredients

- ☐ 1.5 cups self-rising cornmeal mix yellow
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 1 cup bell pepper green chopped
- ☐ 5 tablespoons butter light divided melted
- ☐ 2 ounces cheddar cheese shredded extra-sharp reduced-fat
- ☐ 1 cup no-salt-added corn cream-style
- ☐ 1 cup onion chopped
- ☐ 1 cup heavy whipping cream fat-free sour
- ☐ 2 tablespoons sugar

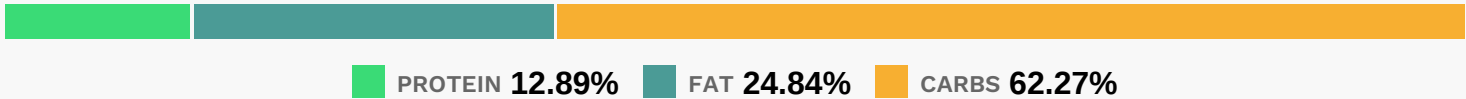
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 42
- ☐ Combine cornmeal mix and sugar in a large bowl; set aside.
- ☐ Combine 3 tablespoons butter, onion, and next 6 ingredients (onion through egg whites) in a medium bowl; stir well with a whisk.
- ☐ Add to cornmeal mixture, stirring just until moist.
- ☐ Pour batter into a 13 x 9-inch baking pan coated with cooking spray.
- ☐ Bake at 425 for 28 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Brush with 2 tablespoons butter.

Nutrition Facts



Properties

Glycemic Index:8.92, Glycemic Load:1.71, Inflammation Score:-5, Nutrition Score:7.1926087141037%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 165.11kcal (8.26%), Fat: 4.69g (7.21%), Saturated Fat: 2.45g (15.31%), Carbohydrates: 26.43g (8.81%), Net Carbohydrates: 24.4g (8.87%), Sugar: 3.7g (4.11%), Cholesterol: 24.4mg (8.13%), Sodium: 409.98mg (17.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.95%), Phosphorus: 207.7mg (20.77%), Folate: 73.91µg (18.48%), Vitamin C: 11.84mg (14.36%), Vitamin B1: 0.18mg (12.04%), Calcium: 117.59mg (11.76%), Vitamin B2: 0.2mg

(11.6%), Fiber: 2.03g (8.13%), Manganese: 0.16mg (7.93%), Vitamin B6: 0.15mg (7.65%), Iron: 1.36mg (7.58%), Vitamin B3: 1.41mg (7.06%), Selenium: 4.3µg (6.15%), Vitamin A: 303.19IU (6.06%), Magnesium: 21.75mg (5.44%), Zinc: 0.7mg (4.67%), Potassium: 160.51mg (4.59%), Copper: 0.06mg (3.12%), Vitamin B5: 0.23mg (2.31%), Vitamin B12: 0.13µg (2.17%), Vitamin E: 0.2mg (1.35%), Vitamin K: 1.29µg (1.23%)