



## Lynda's Mex-Tex Cornbread

READY IN



45 min.

SERVINGS



4

CALORIES



367 kcal

BREAD

### Ingredients

- 2 tablespoons add carrot and onion to bacon fat . cook
- 2 teaspoons double-acting baking powder
- 8.5 ounce regular corn cream-style canned
- 9 ounce chiles green chopped canned
- 2 ounces colby-jack cheese shredded
- 1 large eggs
- 1 tablespoon flour all-purpose
- 0.3 cup milk
- 1 teaspoon salt

- 1 teaspoon sugar
- 1 cup cornmeal yellow

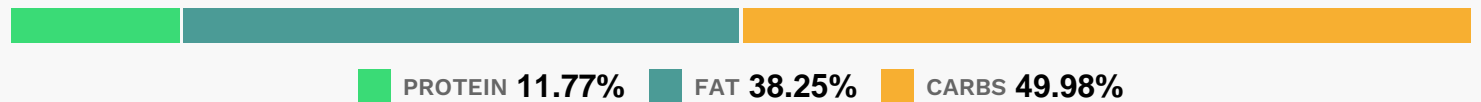
## Equipment

- bowl
- frying pan
- oven

## Directions

- Stir together first 10 ingredients in a bowl; stir in jalapeo pepper, if desired.
- Coat bottom and sides of a 9-inch cast-iron skillet with bacon drippings.
- Heat in a 450 oven 5 minutes.
- Pour cornbread batter into hot skillet.
- Bake at 450 for 20 to 25 minutes or until cornbread is lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:85.9, Glycemic Load:19.8, Inflammation Score:-6, Nutrition Score:13.204347786696%

## Nutrients (% of daily need)

Calories: 366.81kcal (18.34%), Fat: 15.98g (24.58%), Saturated Fat: 6.74g (42.14%), Carbohydrates: 46.96g (15.65%), Net Carbohydrates: 41.36g (15.04%), Sugar: 4.42g (4.91%), Cholesterol: 68.45mg (22.82%), Sodium: 1325.13mg (57.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.07g (22.13%), Vitamin C: 24.28mg (29.44%), Phosphorus: 277.95mg (27.8%), Calcium: 268.18mg (26.82%), Fiber: 5.6g (22.39%), Folate: 85.72µg (21.43%), Vitamin B6: 0.39mg (19.58%), Iron: 2.91mg (16.14%), Magnesium: 63.31mg (15.83%), Manganese: 0.32mg (15.81%), Zinc: 2.29mg (15.27%), Selenium: 9.65µg (13.78%), Vitamin B2: 0.23mg (13.46%), Vitamin B1: 0.17mg (11.36%), Vitamin B3: 2.11mg (10.55%), Potassium: 341.47mg (9.76%), Copper: 0.15mg (7.3%), Vitamin A: 358.05IU (7.16%), Vitamin B5: 0.69mg (6.85%), Vitamin B12: 0.31µg (5.19%), Vitamin D: 0.68µg (4.52%), Vitamin E: 0.41mg (2.74%)