



Mexican Corn Bread

READY IN



60 min.

SERVINGS



24

CALORIES



204 kcal

Ingredients

- 14 ounces corn cream-style canned
- 0.3 cup canola oil
- 17 ounces just-add-water cornbread mix
- 4 eggs lightly beaten
- 4 ounces to 2 chilies slit green chopped canned
- 1 tablespoon jalapeno finely chopped
- 1 medium onion chopped
- 8 ounces cheddar cheese shredded
- 12 ounces cream sour

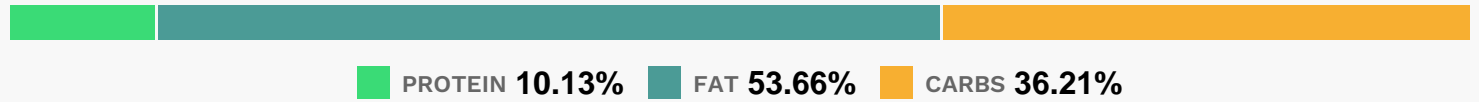
Equipment

- bowl
- frying pan
- oven
- baking pan
- toothpicks

Directions

- In a large bowl, combine corn bread mix and onion.
- Combine the remaining ingredients; add to the corn bread mixture just until moistened.
- Pour into a greased 13-in. x 9-in. baking dish.
- Bake at 350° for 50–55 minutes or until lightly browned and the edges pull away from sides of pan and a toothpick inserted near the center comes out clean.
- Serve warm. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:3.58, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:5.3373913142992%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 203.75kcal (10.19%), Fat: 12.3g (18.92%), Saturated Fat: 4.34g (27.12%), Carbohydrates: 18.67g (6.22%), Net Carbohydrates: 16.92g (6.15%), Sugar: 5.54g (6.15%), Cholesterol: 45.49mg (15.16%), Sodium: 299.77mg (13.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.44%), Phosphorus: 176.69mg (17.67%), Calcium: 98.31mg (9.83%), Vitamin B2: 0.16mg (9.65%), Selenium: 6.67µg (9.52%), Folate: 33.11µg (8.28%), Fiber: 1.75g (7.02%), Vitamin B1: 0.1mg (6.71%), Vitamin E: 0.81mg (5.42%), Vitamin A: 264.76IU (5.3%), Zinc: 0.7mg (4.66%),

Vitamin B3: 0.87mg (4.33%), Manganese: 0.09mg (4.28%), Iron: 0.73mg (4.05%), Vitamin K: 3.82µg (3.64%),
Vitamin B12: 0.21µg (3.55%), Vitamin B6: 0.07mg (3.45%), Vitamin B5: 0.33mg (3.33%), Magnesium: 13.03mg
(3.26%), Vitamin C: 2.47mg (3%), Potassium: 88.21mg (2.52%), Copper: 0.04mg (1.93%), Vitamin D: 0.2µg (1.36%)