

Mexican Corn Bread Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8.5 ounces just-add-water cornbread mix
- 1 eggs lightly beaten
- 0.3 cup skim milk fat-free
- 1 cup corn frozen thawed
- 2 spring onion chopped
- 2 jalapeno seeded chopped
- 0.8 pound pd of ground turkey
- 0.8 cup reduced fat mexican blend cheese shredded reduced-fat
- 6 tablespoons cream sour reduced-fat

- 0.3 cup olives ripe sliced
- 1 small onion chopped
- 1 small bell pepper sweet red chopped
- 3 tablespoons taco seasoning reduced-sodium
- 1 small tomatoes chopped
- 0.5 cup water

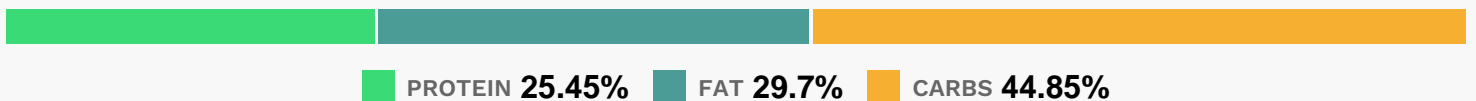
Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- In a small bowl, combine the corn bread mix, milk and egg. Stir in corn just until blended.
- Spread evenly into a 10-in. ovenproof skillet coated with cooking spray.
- Bake at 400° for 14-18 minutes or until a toothpick inserted near the center comes out clean.
- Meanwhile, in a large nonstick skillet, cook the turkey, onion, red pepper and jalapenos over medium heat until meat is no longer pink; drain. Stir in taco seasoning and water; bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes.
- Spoon turkey mixture over corn bread; sprinkle with cheese.
- Bake for 5-10 minutes or until cheese is melted.
- Sprinkle with tomato, olives and green onions.
- Cut into six wedges; top each with sour cream.

Nutrition Facts



Properties

Glycemic Index:32.38, Glycemic Load:0.89, Inflammation Score:-8, Nutrition Score:18.234782716502%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 352.99kcal (17.65%), Fat: 11.88g (18.28%), Saturated Fat: 4.34g (27.12%), Carbohydrates: 40.36g (13.45%), Net Carbohydrates: 35.69g (12.98%), Sugar: 10.95g (12.17%), Cholesterol: 72.56mg (24.19%), Sodium: 685.09mg (29.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.9g (45.81%), Phosphorus: 481.4mg (48.14%), Vitamin B3: 7.67mg (38.33%), Vitamin B6: 0.71mg (35.34%), Vitamin C: 27.71mg (33.58%), Selenium: 20.23µg (28.9%), Calcium: 237.71mg (23.77%), Vitamin A: 992.51IU (19.85%), Vitamin B2: 0.32mg (19.06%), Folate: 74.88µg (18.72%), Fiber: 4.68g (18.7%), Vitamin B1: 0.28mg (18.49%), Zinc: 2.34mg (15.6%), Potassium: 468.78mg (13.39%), Vitamin K: 13.39µg (12.75%), Vitamin B12: 0.75µg (12.54%), Magnesium: 50.13mg (12.53%), Manganese: 0.23mg (11.65%), Iron: 2.08mg (11.58%), Vitamin B5: 1.02mg (10.19%), Vitamin E: 0.92mg (6.15%), Copper: 0.12mg (6.12%), Vitamin D: 0.6µg (4.02%)