

Mexican Cornbread

READY IN



75 min.

SERVINGS



12

CALORIES



237 kcal

BREAD

Ingredients

- ☐ 6 oz sharp cheddar cheese shredded
- ☐ 0.8 cup buttermilk
- ☐ 0.3 cup vegetable oil
- ☐ 2 eggs slightly beaten
- ☐ 8.5 oz corn cream-style canned
- ☐ 4 oz chilis green chopped canned
- ☐ 1 cup cornmeal
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon double-acting baking powder

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon salt

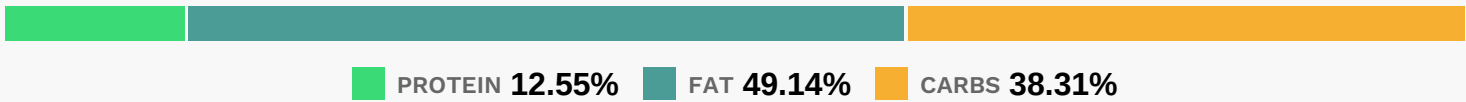
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Heat oven to 375°F. Generously spray 1 1/2-quart casserole with cooking spray. In large bowl, mix cheese, buttermilk, oil, eggs, corn and chiles; blend well.
- ☐ In small bowl, mix cornmeal, flour, baking powder, baking soda and salt.
- ☐ Add to cheese mixture; stir just until dry ingredients are moistened.
- ☐ Pour into casserole.
- ☐ Bake 40 to 50 minutes or until cornbread is deep golden brown and toothpick inserted in center comes out clean. Cool 10 minutes; remove from casserole.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:24.46, Glycemic Load:11.92, Inflammation Score:-3, Nutrition Score:7.5791304318801%

Nutrients (% of daily need)

Calories: 236.57kcal (11.83%), Fat: 13.06g (20.09%), Saturated Fat: 4.33g (27.06%), Carbohydrates: 22.9g (7.63%), Net Carbohydrates: 20.97g (7.63%), Sugar: 1.69g (1.88%), Cholesterol: 43.1mg (14.37%), Sodium: 387.36mg (16.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.51g (15.01%), Selenium: 11.25µg (16.08%), Phosphorus: 151.84mg (15.18%), Calcium: 147.58mg (14.76%), Vitamin B2: 0.2mg (11.71%), Folate: 44.48µg (11.12%), Vitamin K: 11.6µg (11.05%), Vitamin B1: 0.14mg (9.43%), Manganese: 0.17mg (8.7%), Zinc: 1.27mg (8.47%), Fiber: 1.93g (7.72%), Iron: 1.28mg (7.09%), Vitamin B6: 0.13mg (6.72%), Magnesium: 26.56mg (6.64%), Vitamin B3: 1.22mg (6.1%), Vitamin E: 0.76mg (5.06%), Vitamin C: 4.06mg (4.92%), Vitamin B12: 0.28µg (4.74%), Vitamin A: 233.15IU (4.66%), Vitamin B5: 0.4mg (3.97%), Potassium: 132.77mg (3.79%), Copper: 0.07mg (3.57%), Vitamin D: 0.43µg (2.84%)