

## Mexican Cornbread II

 **Gluten Free**

READY IN



**35 min.**

SERVINGS



**10**

CALORIES



**167 kcal**

### Ingredients

- 8 ounce corn cream-style canned
- 8.5 ounce cornmeal
- 1 eggs
- 4 ounce chilis diced green drained canned
- 0.5 cup milk
- 1 cup monterrey jack cheese shredded

### Equipment

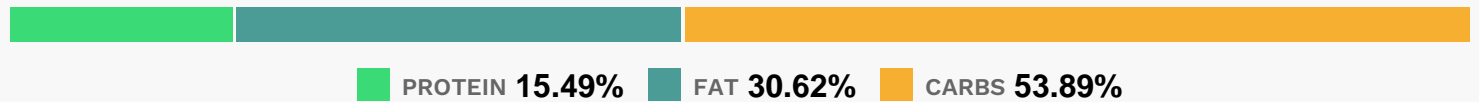
- bowl
- frying pan

- oven
- baking pan

## Directions

- Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 9x9 inch baking pan.
- Place cornmeal mix in a large bowl. Stir in egg, milk, creamed corn, cheese and diced green chile peppers.
- Spread batter into prepared pan.
- Bake in preheated oven for 25 minutes, or until golden brown and cornbread pulls away from sides of pan.

## Nutrition Facts



## Properties

Glycemic Index:13.35, Glycemic Load:10.72, Inflammation Score:-3, Nutrition Score:5.9352173390596%

## Nutrients (% of daily need)

Calories: 167kcal (8.35%), Fat: 5.78g (8.89%), Saturated Fat: 2.79g (17.45%), Carbohydrates: 22.87g (7.62%), Net Carbohydrates: 20.14g (7.32%), Sugar: 1.77g (1.96%), Cholesterol: 27.89mg (9.3%), Sodium: 183.86mg (7.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.15%), Phosphorus: 138.24mg (13.82%), Fiber: 2.73g (10.92%), Calcium: 107.98mg (10.8%), Vitamin B6: 0.19mg (9.7%), Zinc: 1.32mg (8.82%), Magnesium: 35.14mg (8.78%), Manganese: 0.17mg (8.64%), Folate: 28.17µg (7.04%), Vitamin B2: 0.12mg (6.99%), Selenium: 4.79µg (6.85%), Iron: 1.12mg (6.2%), Vitamin B1: 0.09mg (5.94%), Vitamin C: 4.81mg (5.83%), Vitamin B3: 0.91mg (4.55%), Potassium: 154.32mg (4.41%), Copper: 0.08mg (3.85%), Vitamin B12: 0.2µg (3.31%), Vitamin B5: 0.33mg (3.3%), Vitamin A: 161.49IU (3.23%), Vitamin D: 0.29µg (1.93%), Vitamin E: 0.19mg (1.24%)