



## Mexican Cornbread Salad

 Popular

READY IN



190 min.

SERVINGS



8

CALORIES



613 kcal

SIDE DISH

### Ingredients

- 3 ounce bacon bits canned
- 4 ounce chile peppers green chopped canned
- 32 ounce pinto beans drained canned
- 8.5 ounce corn bread mix dry
- 1 bell pepper green chopped
- 1 green onions
- 16 ounce salad dressing ranch-style
- 8 ounces cheddar cheese shredded

- 2 tomatoes chopped
- 30.5 ounce kernel corn whole drained canned

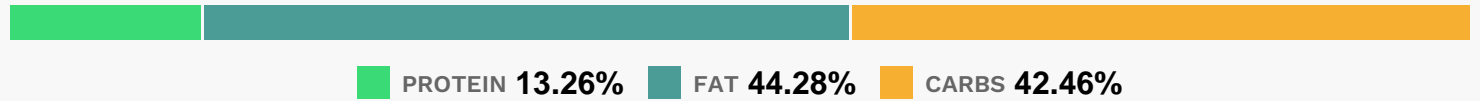
## Equipment

- bowl

## Directions

- Prepare corn bread mix according to package directions, adding green chiles. Set aside, allow to cool, and crumble.
- Place half of cornbread in bottom of large bowl. Evenly layer with 1 can of beans, 1 cup salad dressing, 1/2 chopped bell pepper, 1 can corn, 1 chopped tomato, 1/2 jar bacon bits, 1/2 package cheese and 1/2 green onions. Repeat layers in same order using remaining ingredients, beginning with crumbled cornbread.
- Cover, refrigerate 2 hours and serve chilled.

## Nutrition Facts



## Properties

Glycemic Index:19, Glycemic Load:5.97, Inflammation Score:-7, Nutrition Score:20.170434780743%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## Nutrients (% of daily need)

Calories: 613.19kcal (30.66%), Fat: 30.34g (46.68%), Saturated Fat: 8.87g (55.43%), Carbohydrates: 65.46g (21.82%), Net Carbohydrates: 56.3g (20.47%), Sugar: 14.7g (16.33%), Cholesterol: 28.95mg (9.65%), Sodium: 1721.27mg (74.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.45g (40.9%), Phosphorus: 469.82mg (46.98%), Vitamin K: 42.95µg (40.91%), Fiber: 9.16g (36.64%), Folate: 120.74µg (30.19%), Calcium: 301.91mg (30.19%), Manganese: 0.59mg (29.6%), Vitamin C: 24.39mg (29.57%), Vitamin E: 3.11mg (20.75%), Magnesium: 82.87mg (20.72%), Vitamin B1: 0.31mg (20.62%), Potassium: 676.33mg (19.32%), Iron: 3.27mg (18.17%), Copper: 0.35mg (17.47%), Selenium: 11.68µg (16.69%), Zinc: 2.48mg (16.52%), Vitamin B2: 0.26mg (15.54%), Vitamin B3:

2.76mg (13.82%), Vitamin A: 683.1IU (13.66%), Vitamin B6: 0.26mg (13.13%), Vitamin B12: 0.46µg (7.59%), Vitamin B5: 0.47mg (4.71%), Vitamin D: 0.17µg (1.13%)