



Mexican Cornbread Stuffing

READY IN



120 min.

SERVINGS



8

CALORIES



399 kcal

SIDE DISH

Ingredients

- 6.5 oz just-add-water cornbread mix
- 0.3 cup milk
- 2 tablespoons butter melted
- 1 eggs
- 0.3 cup butter
- 1.5 cups onion chopped
- 1.5 cups bell pepper red chopped
- 3 large poblano pepper seeded chopped
- 3 large jalapeno seeded chopped

- 0.3 cup sage fresh chopped
- 4.5 teaspoons oregano dried
- 1.5 cups corn frozen thawed
- 1 cup corn chips crushed
- 0.8 cup cilantro leaves fresh chopped
- 3 eggs
- 2 tablespoons sugar
- 1 teaspoon salt
- 0.5 teaspoon pepper freshly ground
- 14.8 oz corn sweet cream style canned

Equipment

- bowl
- frying pan
- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 400°F. Grease 8-inch square pan with butter or cooking spray. In medium bowl, stir cornbread ingredients just until blended (batter will be lumpy).
- Pour into pan.
- Bake 16 to 18 minutes or until golden brown. Cool.
- Reduce oven temperature to 325°F. Grease 3-quart casserole with butter or cooking spray.
- Coarsely crumble cornbread onto large cookie sheet.
- Bake 20 minutes or until slightly dry.
- Remove cornbread from cookie sheet to large bowl; set aside.
- In 12-inch skillet, melt 1/4 cup butter over medium-high heat.

- Add onions, bell peppers, chiles, sage and oregano. Cook about 10 minutes, stirring frequently, until vegetables are softened.
- Add vegetable mixture to cornbread crumbs in bowl. Stir in thawed corn, corn chips and cilantro.
- In medium bowl, beat 3 eggs, the sugar, salt and pepper. Stir in cream corn.
- Add to vegetable–cornbread mixture; stir until blended. Spoon into casserole.
- Cover with foil; bake 30 minutes. Uncover; bake 20 minutes longer or until thoroughly heated and top is golden brown.

Nutrition Facts

PROTEIN 9.19% **FAT 40.32%** **CARBS 50.49%**

Properties

Glycemic Index:41.7, Glycemic Load:8.91, Inflammation Score:-10, Nutrition Score:22.856521720472%

Flavonoids

Luteolin: 3.14mg, Luteolin: 3.14mg, Luteolin: 3.14mg, Luteolin: 3.14mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg

Nutrients (% of daily need)

Calories: 398.66kcal (19.93%), Fat: 18.78g (28.9%), Saturated Fat: 4.08g (25.47%), Carbohydrates: 52.93g (17.64%), Net Carbohydrates: 46g (16.73%), Sugar: 14.85g (16.5%), Cholesterol: 83.52mg (27.84%), Sodium: 677.85mg (29.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.64g (19.27%), Vitamin C: 99.23mg (120.28%), Copper: 1.39mg (69.5%), Vitamin A: 1959.91IU (39.2%), Phosphorus: 289.77mg (28.98%), Fiber: 6.93g (27.71%), Manganese: 0.53mg (26.64%), Vitamin B6: 0.51mg (25.59%), Folate: 86.88µg (21.72%), Vitamin K: 21.01µg (20.01%), Vitamin B2: 0.31mg (18.19%), Vitamin B1: 0.27mg (18%), Vitamin E: 2.55mg (17.01%), Potassium: 545.73mg (15.59%), Vitamin B3: 3.03mg (15.16%), Magnesium: 58.74mg (14.69%), Selenium: 9.71µg (13.88%), Iron: 2.45mg (13.59%), Vitamin B5: 1.28mg (12.85%), Calcium: 97.15mg (9.71%), Zinc: 1.4mg (9.3%), Vitamin B12: 0.28µg (4.7%), Vitamin D: 0.55µg (3.68%)