



Moist Tex-Mex Cornbread

READY IN



35 min.

SERVINGS



35

CALORIES



43 kcal

Ingredients

- 4 oz chiles green drained chopped well canned
- 8.5 oz corn muffin mix
- 2 eggs lightly beaten
- 0.3 tsp ground pepper red (cayenne)
- 0.5 cup miracle whip dressing
- 0.5 cup onion chopped
- 0.3 cup bell pepper red chopped
- 8.8 oz kernel corn whole drained well canned

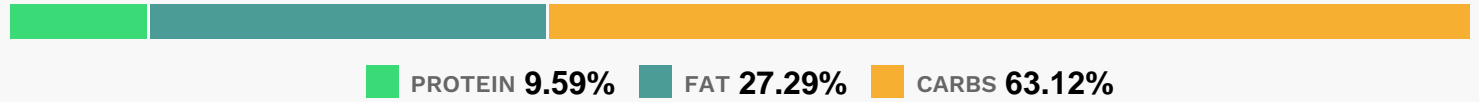
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 400F.
- Mix dressing, eggs and ground red pepper in large bowl.
- Add remaining ingredients; stir just until moistened.
- Pour into greased 8-inch square baking dish.
- Bake 25 min. or until golden brown.

Nutrition Facts



Properties

Glycemic Index:2.6, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.46304347852%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 42.68kcal (2.13%), Fat: 1.3g (1.99%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 6.75g (2.25%), Net Carbohydrates: 6.1g (2.22%), Sugar: 1.94g (2.16%), Cholesterol: 9.82mg (3.27%), Sodium: 113.09mg (4.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.05%), Phosphorus: 43.16mg (4.32%), Vitamin C: 3.23mg (3.92%), Folate: 12.49µg (3.12%), Fiber: 0.64g (2.58%), Vitamin B1: 0.03mg (2.24%), Vitamin B2: 0.03mg (2.01%), Selenium: 1.18µg (1.69%), Vitamin B3: 0.33mg (1.63%), Iron: 0.29mg (1.62%), Manganese: 0.03mg (1.56%), Vitamin A: 77.92IU (1.56%), Vitamin B6: 0.02mg (1.21%)