



## Mom's Mexican Cornbread

 Gluten Free

READY IN



80 min.

SERVINGS



12

CALORIES



232 kcal

### Ingredients

- 1 teaspoon baking soda
- 14.5 ounce corn cream-style canned
- 1 cup cornmeal
- 1 eggs
- 1 pound ground beef
- 2 jalapeno chopped
- 1 cup milk
- 1 onion chopped
- 1 teaspoon salt

1 cup cheddar cheese shredded

## Equipment

bowl

frying pan

oven

baking pan

## Directions

Preheat an oven to 350 degrees F (175 degrees C). Coat a 9X12 inch baking dish with cooking spray.

Heat a large skillet over medium heat; cook the ground beef in the skillet until no longer pink. Set aside.

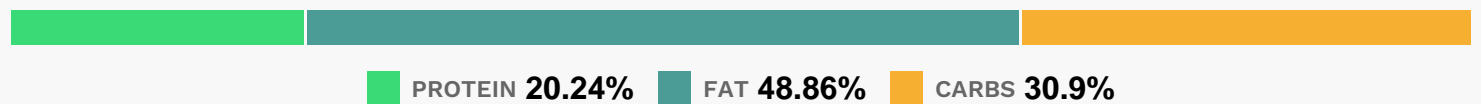
In a large bowl, stir together the cornmeal, salt, and baking soda.

Mix in milk, egg, onion, corn, Cheddar cheese, and jalapeno pepper. Stir in browned beef.

Pour into the prepared baking dish.

Bake in the preheated oven until golden brown, about 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:16.04, Glycemic Load:6.4, Inflammation Score:-3, Nutrition Score:8.2882608797239%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

## Nutrients (% of daily need)

Calories: 231.76kcal (11.59%), Fat: 12.7g (19.54%), Saturated Fat: 5.37g (33.55%), Carbohydrates: 18.07g (6.02%), Net Carbohydrates: 16.2g (5.89%), Sugar: 2.82g (3.13%), Cholesterol: 52.33mg (17.44%), Sodium: 475.21mg (20.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.84g (23.67%), Phosphorus: 181.2mg (18.12%), Zinc: 2.67mg

(17.79%), Vitamin B12: 1.05µg (17.52%), Selenium: 10.84µg (15.48%), Vitamin B6: 0.27mg (13.39%), Vitamin B3: 2.32mg (11.62%), Calcium: 104.77mg (10.48%), Vitamin B2: 0.18mg (10.4%), Magnesium: 33.12mg (8.28%), Iron: 1.37mg (7.59%), Fiber: 1.88g (7.51%), Potassium: 252.65mg (7.22%), Folate: 27.95µg (6.99%), Manganese: 0.13mg (6.47%), Vitamin C: 4.85mg (5.88%), Vitamin B1: 0.09mg (5.66%), Vitamin B5: 0.52mg (5.2%), Copper: 0.08mg (4.18%), Vitamin A: 197.78IU (3.96%), Vitamin E: 0.43mg (2.88%), Vitamin D: 0.39µg (2.61%), Vitamin K: 1.47µg (1.4%)