



Monster Meat Cornbread Bake

READY IN



35 min.

SERVINGS



8

CALORIES



474 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons olive oil
- ☐ 2 cups onion chopped
- ☐ 1 medium bell pepper red chopped
- ☐ 13.5 oz pepper jack cheese smoked with pepper jack cheese links, sliced
- ☐ 1.5 cups sweet potatoes and into mashed
- ☐ 0.5 cup chicken broth
- ☐ 0.8 teaspoon salt
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 6 oz sharp cheddar cheese shredded

- ☐ 6.5 oz just-add-water cornbread mix
- ☐ 0.3 cup buttermilk
- ☐ 2 tablespoons butter melted
- ☐ 1 eggs

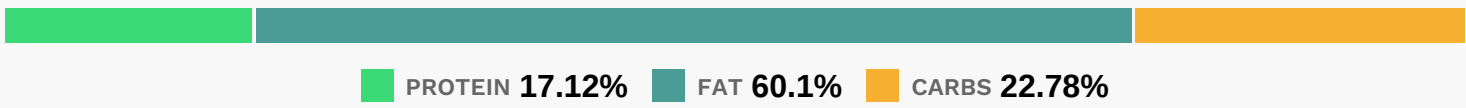
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 400°F. In 12-inch cast-iron skillet, heat oil over medium-high heat. Cook onion and bell pepper in oil 4 minutes or until tender.
- ☐ Add sausage; cook 2 minutes. Stir in sweet potatoes, broth, salt and pepper.
- ☐ Remove from heat.
- ☐ Sprinkle with cheese.
- ☐ In medium bowl, stir cornbread mix, buttermilk, butter and egg just until moistened.
- ☐ Spread over cheese and sausage mixture to within 2 inches of edges.
- ☐ Bake 16 to 20 minutes or until top is golden brown.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:3.88, Inflammation Score:-10, Nutrition Score:18.68608702784%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

Nutrients (% of daily need)

Calories: 474.08kcal (23.7%), Fat: 31.86g (49.01%), Saturated Fat: 16.61g (103.81%), Carbohydrates: 27.18g (9.06%), Net Carbohydrates: 23.91g (8.69%), Sugar: 8.93g (9.92%), Cholesterol: 93.68mg (31.23%), Sodium: 943.61mg (41.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.42g (40.83%), Vitamin A: 4746.49IU (94.93%), Calcium: 554.79mg (55.48%), Phosphorus: 470.63mg (47.06%), Vitamin C: 22.62mg (27.42%), Vitamin B2: 0.43mg (25.53%), Selenium: 16.77µg (23.95%), Zinc: 2.65mg (17.67%), Folate: 54.89µg (13.72%), Fiber: 3.27g (13.08%), Vitamin B12: 0.75µg (12.45%), Vitamin B6: 0.24mg (11.94%), Manganese: 0.24mg (11.89%), Vitamin B1: 0.17mg (11.19%), Magnesium: 38.3mg (9.58%), Vitamin E: 1.29mg (8.57%), Potassium: 281.29mg (8.04%), Iron: 1.4mg (7.77%), Vitamin B5: 0.72mg (7.24%), Vitamin K: 6.8µg (6.48%), Vitamin B3: 1.2mg (6.02%), Copper: 0.11mg (5.41%), Vitamin D: 0.65µg (4.36%)