



One-Dish Black-eyed Pea Cornbread

READY IN



45 min.

SERVINGS



12

CALORIES



363 kcal

BREAD

Ingredients

- 0.5 teaspoon baking soda
- 1 cup buttermilk
- 15 ounce black-eyed peas drained canned
- 4.5 ounce chiles green chopped canned
- 0.8 cup regular corn cream-style
- 2 large eggs lightly beaten
- 0.5 cup flour all-purpose
- 1 pound spicy ground pork sausage
- 0.3 cup pickled jalapeño peppers chopped

- 1 medium onion diced
- 1 teaspoon salt
- 8 ounces cheddar cheese shredded
- 0.5 cup vegetable oil
- 1 cup cornmeal white

Equipment

- frying pan
- oven
- baking pan

Directions

- Cook sausage and onion in a large skillet over medium-high heat 5 minutes, stirring until sausage crumbles and is no longer pink.
- Drain.
- Combine cornmeal, flour, salt, and baking soda.
- Stir together eggs, buttermilk, and oil until combined.
- Add to dry ingredients, stirring just until moistened. (Batter will not be smooth.)
- Add sausage mixture, peas, and remaining ingredients to batter, stirring well.
- Pour into a greased 13- x 9-inch baking dish.
- Bake at 350 for 1 hour or until golden and set.
- Note: Freeze baked cornbread up to 1 month, if desired. Thaw in refrigerator overnight.
- Bake, covered, at 350 for 30 minutes. Uncover and bake 10 more minutes or until thoroughly heated. To reheat directly from the freezer, bake, covered, at 350 for 1 hour. Uncover and bake 10 more minutes or until thoroughly heated.
- To lighten: Substitute 1 (12-ounce) package reduced-fat sausage, fat-free buttermilk, 1/2 cup egg substitute, and 2% reduced-fat Cheddar cheese. Reduce oil to 2 tablespoons. Prepare and bake as directed.

Nutrition Facts



■ PROTEIN 18.67% ■ FAT 51.24% ■ CARBS 30.09%

Properties

Glycemic Index:21.75, Glycemic Load:5.59, Inflammation Score:-6, Nutrition Score:13.468260951664%

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: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 363.16kcal (18.16%), Fat: 20.74g (31.91%), Saturated Fat: 8.06g (50.38%), Carbohydrates: 27.41g (9.14%), Net Carbohydrates: 23.01g (8.37%), Sugar: 3.43g (3.81%), Cholesterol: 79.32mg (26.44%), Sodium: 722.67mg (31.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.01g (34.01%), Phosphorus: 281.57mg (28.16%), Folate: 111.61µg (27.9%), Vitamin B1: 0.29mg (19.04%), Zinc: 2.73mg (18.22%), Calcium: 182.19mg (18.22%), Fiber: 4.4g (17.61%), Vitamin B2: 0.28mg (16.52%), Selenium: 11.45µg (16.36%), Manganese: 0.32mg (16.07%), Vitamin B6: 0.31mg (15.34%), Vitamin B3: 2.92mg (14.6%), Iron: 2.46mg (13.68%), Magnesium: 54.23mg (13.56%), Vitamin B12: 0.69µg (11.46%), Vitamin B5: 1.09mg (10.89%), Potassium: 361.11mg (10.32%), Copper: 0.19mg (9.33%), Vitamin C: 7.6mg (9.21%), Vitamin A: 346.67IU (6.93%), Vitamin D: 1.03µg (6.88%), Vitamin K: 5.09µg (4.84%), Vitamin E: 0.7mg (4.63%)