



Pecan Cornbread

READY IN



45 min.

SERVINGS



8

CALORIES



146 kcal

Ingredients

- 6.5 ounce just-add-water cornbread mix (such as Betty Crocker)
- 2 ounces country ham lean finely chopped
- 0.3 cup egg substitute fat-free
- 0.5 cup skim milk fat-free
- 0.3 cup pecans toasted coarsely chopped

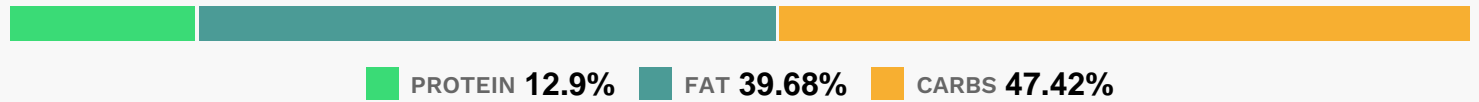
Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 42
- Place an 8-inch cast-iron skillet over medium-high heat until hot.
- Add ham, and saut 2 minutes or until lightly browned.
- Place ham in a large bowl; set aside. Keep skillet hot.
- Add muffin mix and remaining 3 ingredients to ham, stirring just until moist.
- Pour batter into preheated skillet.
- Bake at 425 for 15 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:5.41, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:5.0182608362773%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 145.85kcal (7.29%), Fat: 6.46g (9.94%), Saturated Fat: 1.35g (8.46%), Carbohydrates: 17.38g (5.79%), Net Carbohydrates: 15.56g (5.66%), Sugar: 5.74g (6.38%), Cholesterol: 5.31mg (1.77%), Sodium: 293.52mg (12.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.46%), Phosphorus: 159.02mg (15.9%), Vitamin B1: 0.18mg (12.07%), Manganese: 0.23mg (11.39%), Selenium: 6.43µg (9.19%), Vitamin B2: 0.13mg (7.75%), Fiber: 1.82g (7.3%), Folate: 23.89µg (5.97%), Vitamin B3: 1.15mg (5.77%), Iron: 0.87mg (4.85%), Calcium: 41.7mg (4.17%), Vitamin B6: 0.08mg (4.12%), Zinc: 0.59mg (3.95%), Vitamin B5: 0.35mg (3.52%), Magnesium: 13.96mg (3.49%), Copper: 0.07mg (3.41%), Vitamin B12: 0.18µg (3.01%), Potassium: 101.81mg (2.91%), Vitamin D: 0.34µg (2.25%), Vitamin E: 0.23mg (1.53%), Vitamin A: 76.51IU (1.53%), Vitamin K: 1.29µg (1.22%)