



Pig Skin Cornbread

READY IN



45 min.

SERVINGS



9

CALORIES



369 kcal

Ingredients

- ☐ 1 tablespoon shortening
- ☐ 1 cup buttermilk
- ☐ 0.5 cup butter cooled melted
- ☐ 3 eggs
- ☐ 2 cups just-add-water cornbread mix
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup corn whole canned drained
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon bell pepper red chopped
- ☐ 1 tablespoon bell pepper green chopped

- ☐ 1.5 teaspoons garlic chopped
- ☐ 2 cups wonton skins

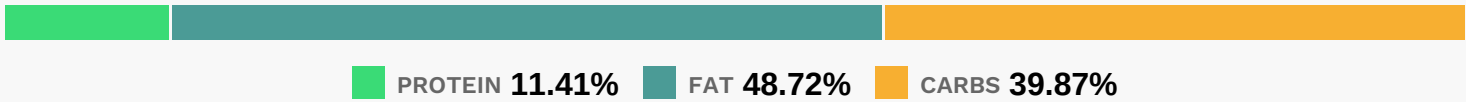
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 425°F.
- ☐ Heat shortening in 10-inch ovenproof skillet or square baking pan, 9x9x2 inches, in oven 3 minutes.
- ☐ Stir together buttermilk, butter and eggs in large bowl. Stir in remaining ingredients except skins just until moistened. Stir in skins.
- ☐ Pour into skillet.
- ☐ Bake 20 to 25 minutes or until golden brown.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:27.57, Glycemic Load:9.06, Inflammation Score:-5, Nutrition Score:8.4982608401257%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 368.65kcal (18.43%), Fat: 19.87g (30.57%), Saturated Fat: 5.12g (32.01%), Carbohydrates: 36.58g (12.19%), Net Carbohydrates: 34.12g (12.41%), Sugar: 9.17g (10.19%), Cholesterol: 64.03mg (21.34%), Sodium: 552.2mg

(24.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.47g (20.95%), Phosphorus: 227.48mg (22.75%), Vitamin B1: 0.27mg (17.74%), Selenium: 12.03µg (17.19%), Folate: 65.92µg (16.48%), Vitamin B2: 0.27mg (16.15%), Vitamin A: 649.67IU (12.99%), Manganese: 0.21mg (10.7%), Vitamin B3: 1.99mg (9.94%), Iron: 1.78mg (9.92%), Fiber: 2.46g (9.85%), Calcium: 65.75mg (6.57%), Vitamin B5: 0.56mg (5.65%), Vitamin B12: 0.29µg (4.9%), Vitamin E: 0.73mg (4.87%), Vitamin B6: 0.09mg (4.67%), Vitamin D: 0.64µg (4.27%), Magnesium: 16.65mg (4.16%), Zinc: 0.6mg (4%), Potassium: 127.49mg (3.64%), Copper: 0.07mg (3.44%), Vitamin C: 2.55mg (3.08%), Vitamin K: 2.62µg (2.5%)