



Pumpkin-Cheese Cornbread

READY IN



35 min.

SERVINGS



12

CALORIES



211 kcal

Ingredients

- 0.3 cup shortening melted
- 6.5 oz just-add-water cornbread mix
- 4 oz parmesan shredded
- 1 teaspoon ground cumin
- 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 0.5 cup milk
- 2 eggs
- 0.3 cup roasted pumpkin seeds salted hulled (pepitas)

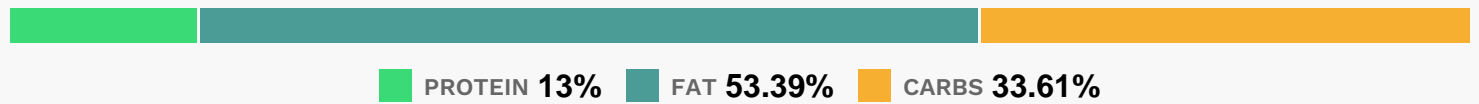
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 400°F. Grease 10-inch cast-iron skillet with oil.
- Place skillet in oven to heat.
- In large bowl, stir cornbread mix, cheese and cumin. In medium bowl, stir pumpkin, milk and eggs until smooth.
- Add pumpkin mixture to cornbread mixture; mix well. Stir in hot oil from skillet.
- Pour batter into greased skillet.
- Sprinkle pepitas over batter, pressing in gently.
- Bake 22 minutes or until golden brown.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:5.83, Glycemic Load:0.27, Inflammation Score:-8, Nutrition Score:8.265652190084%

Nutrients (% of daily need)

Calories: 211kcal (10.55%), Fat: 12.71g (19.55%), Saturated Fat: 4.16g (26.03%), Carbohydrates: 18g (6%), Net Carbohydrates: 14.9g (5.42%), Sugar: 3.76g (4.18%), Cholesterol: 35.23mg (11.74%), Sodium: 346.82mg (15.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.93%), Vitamin A: 2016.96IU (40.34%), Phosphorus: 214.9mg (21.49%), Calcium: 148.89mg (14.89%), Manganese: 0.3mg (14.78%), Fiber: 3.1g (12.38%), Vitamin B2: 0.15mg (8.98%), Selenium: 5.99µg (8.56%), Magnesium: 32.18mg (8.05%), Folate: 28.15µg (7.04%), Iron: 1.21mg (6.71%), Vitamin B5: 0.58mg (5.8%), Vitamin B1: 0.09mg (5.73%), Zinc: 0.8mg (5.35%), Vitamin B6: 0.09mg (4.34%), Vitamin B12: 0.25µg (4.12%), Copper: 0.08mg (4%), Vitamin K: 4.17µg (3.97%), Vitamin B3: 0.79mg (3.96%), Vitamin E: 0.5mg (3.34%), Potassium: 111.28mg (3.18%), Vitamin D: 0.31µg (2.04%), Vitamin C: 0.87mg (1.06%)