



Salsa Chili and Cornbread

READY IN



45 min.

SERVINGS



6

CALORIES



607 kcal

BREAD

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup beer
- ☐ 1 tablespoon chili powder
- ☐ 0.3 cup egg substitute frozen thawed
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 0.3 teaspoon coarsely ground pepper
- ☐ 1 pound ground round
- ☐ 15 ounce no-salt-added kidney beans drained canned

- ☐ 2 ounces cheddar cheese shredded reduced-fat
- ☐ 1 cup no-salt-added salsa
- ☐ 1 cup onion chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup evaporated skimmed milk
- ☐ 2 teaspoons sugar
- ☐ 0.3 cup no-salt-added tomato paste
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup cornmeal yellow

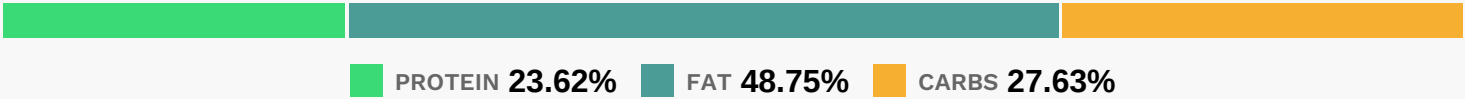
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Place meat and onion in a 10 1/2-inch ovenproof skillet. Cook over medium-high heat until meat is browned, stirring until it crumbles.
- ☐ Drain mixture, and pat dry with paper towels. Wipe drippings from skillet with a paper towel.
- ☐ Return meat mixture to skillet.
- ☐ Add salsa and next 6 ingredients. Bring to a boil; cover, reduce heat, and simmer 30 minutes.
- ☐ Combine cornmeal and next 5 ingredients in a bowl; make a well in center of mixture.
- ☐ Combine egg substitute, milk, and oil; add to dry ingredients, stirring just until dry ingredients are moistened.
- ☐ Pour batter over meat mixture in skillet.
- ☐ Bake, uncovered, at 400 for 10 minutes or until cornbread is golden.
- ☐ Sprinkle with cheese, and let stand 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:91.1, Glycemic Load:12.01, Inflammation Score:-8, Nutrition Score:28.541304277337%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 10.72mg, Quercetin: 10.72mg, Quercetin: 10.72mg, Quercetin: 10.72mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 606.99kcal (30.35%), Fat: 33.67g (51.8%), Saturated Fat: 8.44g (52.76%), Carbohydrates: 42.95g (14.32%), Net Carbohydrates: 33.38g (12.14%), Sugar: 9.52g (10.58%), Cholesterol: 51.43mg (17.14%), Sodium: 467.32mg (20.32%), Alcohol: 0.77g (100%), Alcohol %: 0.33% (100%), Protein: 36.71g (73.43%), Manganese: 1.16mg (58.1%), Vitamin B3: 11.01mg (55.06%), Phosphorus: 506.9mg (50.69%), Zinc: 6.2mg (41.31%), Folate: 157.2µg (39.3%), Fiber: 9.57g (38.28%), Vitamin E: 5.56mg (37.07%), Magnesium: 142.7mg (35.68%), Vitamin B6: 0.71mg (35.63%), Selenium: 24.15µg (34.51%), Iron: 5.92mg (32.88%), Vitamin B12: 1.81µg (30.24%), Potassium: 1026.59mg (29.33%), Copper: 0.5mg (25.16%), Vitamin B2: 0.39mg (22.91%), Vitamin B1: 0.31mg (20.87%), Calcium: 166.65mg (16.66%), Vitamin K: 16.61µg (15.82%), Vitamin B5: 1.42mg (14.18%), Vitamin A: 685.67IU (13.71%), Vitamin C: 5.51mg (6.68%), Vitamin D: 0.36µg (2.38%)