



Sausage Cornbread Bake

READY IN



65 min.

SERVINGS



10

CALORIES



445 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce corn cream style canned
- 1.5 cups self-rising corn meal mix
- 2 eggs lightly beaten
- 0.5 cup milk
- 1 onion chopped
- 1 pound pork sausage
- 2 cups sharp cheddar cheese shredded
- 0.5 cup cream sour
- 0.3 cup vegetable oil

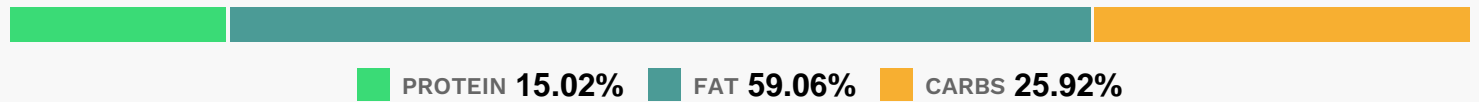
Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 425 degrees F (220 degrees C). Grease a 10 inch ovenproof skillet.
- In a medium skillet, brown the sausage and onion; drain well.
- In a large bowl, combine eggs, corn meal mix, corn, sour cream, milk, and oil.
- Pour half of corn meal mixture into the greased pan, and sprinkle with sausage mixture and cheese.
- Pour remaining batter over top.
- Bake for 30 to 40 minutes.
- Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.59, Inflammation Score:-6, Nutrition Score:13.698695690736%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 444.71kcal (22.24%), Fat: 29.54g (45.45%), Saturated Fat: 10.96g (68.49%), Carbohydrates: 29.17g (9.72%), Net Carbohydrates: 26.86g (9.77%), Sugar: 2.93g (3.25%), Cholesterol: 96.24mg (32.08%), Sodium: 904.76mg (39.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.91g (33.81%), Phosphorus: 394.11mg (39.41%), Calcium: 275.46mg (27.55%), Folate: 97.72µg (24.43%), Vitamin B1: 0.34mg (22.73%), Vitamin B2: 0.37mg (21.61%), Vitamin B3: 3.92mg (19.61%), Zinc: 2.61mg (17.42%), Vitamin B6: 0.32mg (15.98%), Selenium: 9.98µg

(14.26%), Vitamin B12: 0.79µg (13.22%), Iron: 2.15mg (11.94%), Vitamin K: 11.03µg (10.5%), Vitamin A: 504.27IU (10.09%), Magnesium: 38.22mg (9.56%), Fiber: 2.3g (9.22%), Manganese: 0.18mg (9.17%), Potassium: 300.54mg (8.59%), Vitamin B5: 0.8mg (8.04%), Vitamin D: 1.04µg (6.9%), Vitamin E: 0.88mg (5.84%), Copper: 0.11mg (5.39%), Vitamin C: 2.98mg (3.61%)