



WHATSheATE



Scallion and Mozzarella Cornbread

READY IN



52 min.

SERVINGS



6

CALORIES



488 kcal

Ingredients

- ☐ 0.5 cup buttermilk at room temperature
- ☐ 17 ounce just-add-water cornbread mix (recommended: Jiffy)
- ☐ 2 eggs at room temperature
- ☐ 1 cup mozzarella cheese grated
- ☐ 10 large pimiento-stuffed olives green coarsely chopped
- ☐ 5 scallions light white green finely chopped
- ☐ 3 tablespoons butter unsalted melted

Equipment

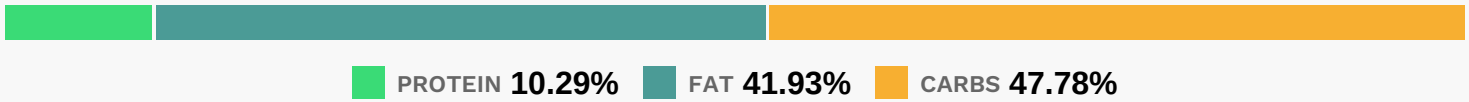
- ☐ bowl

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ baking pan
- ☐ spatula
- ☐ glass baking pan

Directions

- ☐ Place an oven rack in the center of the oven. Preheat the oven to 400 degrees F. Liberally spray an 8-by-8-inch glass baking dish with vegetable oil cooking spray. Set aside.
- ☐ In a medium bowl, mix together the cornbread mix, buttermilk, melted butter, eggs, olives, scallions, and cheese until the mixture forms a thick, lumpy batter. Using a spatula spread the batter into the prepared baking dish.
- ☐ Bake until golden brown, 25 to 30 minutes. Allow the cornbread to cool in the pan for 15 minutes.
- ☐ Cut into 1 1/2-inch squares and serve.
- ☐ Cook's Note: To remove the cooked cornbread easily from the baking dish, first line the bottom and sides with 2 pieces of parchment paper, each 7 inches wide and 15 inches long, allowing the excess parchment paper to overhang the sides. When cooked and cooled, use the excess parchment paper as handles to remove the cornbread from the pan. Peel away the parchment paper and cut into squares.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.56, Inflammation Score:-6, Nutrition Score:14.194782588793%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 488.18kcal (24.41%), Fat: 22.75g (34.99%), Saturated Fat: 9.51g (59.45%), Carbohydrates: 58.31g (19.44%), Net Carbohydrates: 52.61g (19.13%), Sugar: 17.83g (19.82%), Cholesterol: 88.16mg (29.39%), Sodium: 921.48mg (40.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.56g (25.12%), Phosphorus: 510.55mg (51.05%), Vitamin B1: 0.37mg (24.74%), Vitamin K: 25.83µg (24.6%), Fiber: 5.7g (22.8%), Folate: 90.71µg (22.68%), Vitamin B2: 0.38mg (22.56%), Selenium: 13.1µg (18.72%), Calcium: 183.61mg (18.36%), Iron: 2.54mg (14.08%), Vitamin B3: 2.8mg (14.02%), Manganese: 0.28mg (13.99%), Vitamin A: 631.59IU (12.63%), Vitamin B12: 0.73µg (12.21%), Zinc: 1.32mg (8.77%), Vitamin B6: 0.15mg (7.51%), Magnesium: 29.64mg (7.41%), Vitamin B5: 0.73mg (7.29%), Vitamin E: 0.8mg (5.36%), Potassium: 184.27mg (5.26%), Copper: 0.1mg (5.17%), Vitamin D: 0.73µg (4.89%), Vitamin C: 1.96mg (2.38%)