



Shrimp Cornbread

 Gluten Free

READY IN



25 min.

SERVINGS



10

CALORIES



338 kcal

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons butter
- ☐ 2 teaspoons cajun spice
- ☐ 14.8 oz regular corn cream-style canned
- ☐ 1.5 cups cheddar cheese grated
- ☐ 3 large eggs
- ☐ 0.5 cup bell pepper green finely chopped
- ☐ 0.8 cup green onion chopped

- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 jalapeño peppers minced seeded
- ☐ 1 cup milk
- ☐ 1 small onion finely chopped
- ☐ 1 pound shrimp raw deveined unpeeled peeled coarsely chopped
- ☐ 1 teaspoon salt
- ☐ 0.5 cup vegetable oil
- ☐ 2 cups cornmeal plain yellow

Equipment

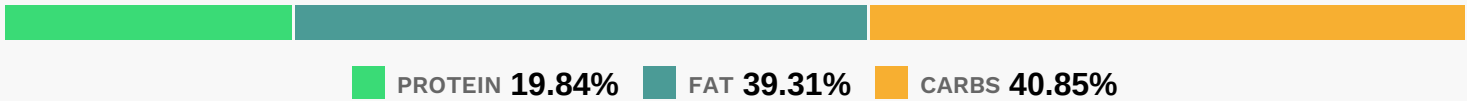
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400
- ☐ Heat a 10- to 12-inch (1 1/2-inch deep) cast-iron skillet in oven 15 minutes.
- ☐ Meanwhile, melt butter in a large skillet over medium heat.
- ☐ Add onion and bell pepper; saut 5 minutes or until onion is tender.
- ☐ Remove from heat. Stir in seeded and minced jalapeos.
- ☐ Stir together milk, oil, and eggs in a large bowl. Stir in corn, cheese, onion mixture, and chopped green onion.
- ☐ Stir together cornmeal and next 5 ingredients just until blended. Stir in milk mixture, stirring just until dry ingredients are moistened. Stir in shrimp.
- ☐ Pour into hot cast-iron skillet.
- ☐ Bake at 400 for 45 minutes or until golden brown.
- ☐ Serve immediately.
- ☐ Note: To make cornbread in a baking dish, prepare recipe as directed, beginning with Step

Pour batter into a well greased 13- x 9-inch baking dish. Proceed with recipe as directed, increasing bake time to 50 minutes.

Nutrition Facts



Properties

Glycemic Index:42.35, Glycemic Load:15.01, Inflammation Score:-7, Nutrition Score:15.599130402441%

Flavonoids

Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 338.44kcal (16.92%), Fat: 15.03g (23.12%), Saturated Fat: 6.38g (39.89%), Carbohydrates: 35.13g (11.71%), Net Carbohydrates: 30.97g (11.26%), Sugar: 3.95g (4.38%), Cholesterol: 138.85mg (46.28%), Sodium: 943.12mg (41.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.06g (34.13%), Phosphorus: 370.92mg (37.09%), Selenium: 25.52µg (36.46%), Calcium: 266.31mg (26.63%), Vitamin K: 21.91µg (20.87%), Vitamin B6: 0.39mg (19.52%), Zinc: 2.64mg (17.6%), Fiber: 4.17g (16.66%), Vitamin A: 823.41IU (16.47%), Magnesium: 64.96mg (16.24%), Vitamin B12: 0.95µg (15.89%), Vitamin C: 12.99mg (15.75%), Vitamin B2: 0.25mg (14.93%), Manganese: 0.29mg (14.66%), Folate: 55.98µg (14%), Vitamin B3: 2.2mg (11.02%), Copper: 0.22mg (10.82%), Vitamin E: 1.59mg (10.58%), Iron: 1.88mg (10.42%), Vitamin B1: 0.15mg (10.23%), Potassium: 342.02mg (9.77%), Vitamin B5: 0.84mg (8.4%), Vitamin D: 0.72µg (4.77%)