



Southern Cornbread Salad

 Vegetarian

READY IN

ready

130 min.

SERVINGS

servings

6

CALORIES

calories

876 kcal

SIDE DISH

Ingredients

- ☐ 14.5 ounce kidney beans red rinsed drained canned
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1 cup regular corn cream-style
- ☐ 15 ounce niblet corn drained canned
- ☐ 1 cup self-rising cornmeal
- ☐ 2 eggs
- ☐ 6 servings parsley leaves fresh chopped for garnish
- ☐ 1 large bell pepper green finely chopped

- ☐ 8 ounce ranch dressing
- ☐ 0.8 cup self-rising flour
- ☐ 1 cup sharp cheddar grated
- ☐ 2 cups sharp cheddar grated
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 3 large tomatoes chopped
- ☐ 0.5 cup vegetable oil for greasing pan
- ☐ 1 medium vidalia onion finely chopped

Equipment

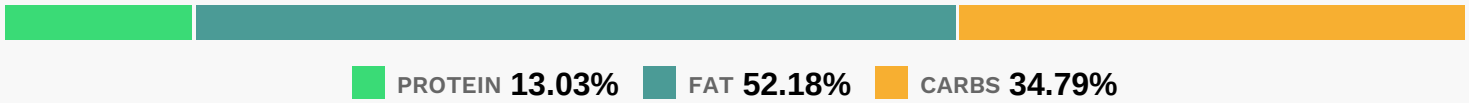
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wooden spoon
- ☐ stove
- ☐ spatula

Directions

- ☐ In the bottom of a large glass bowl, place Cornbread cubes.
- ☐ Layer beans, corn, onion, bell pepper, tomatoes, and cheese on top of cornbread.
- ☐ Spread ranch dressing evenly over cheese. Cover, and refrigerate for at least 2 hours.
- ☐ Garnish with fresh parsley, if desired.
- ☐ Preheat oven to 375 degrees F.
- ☐ Generously season a cast iron skillet with up to 1/4 cup vegetable oil. Preheat the pan either in the oven or on the stove over medium-high heat.
- ☐ Mix all ingredients together in a large bowl, stirring with a wooden spoon or rubber spatula until combined.
- ☐ Pour batter into the preheated cast iron skillet.

Place skillet in the oven and bake until golden brown, approximately 30 minutes. If making individual size cornbreads in smaller pans, they will require a shorter cooking time.

Nutrition Facts



Properties

Glycemic Index:68.17, Glycemic Load:31.01, Inflammation Score:-9, Nutrition Score:34.146956257198%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 1.34mg, Myricetin: 1.34mg, Myricetin: 1.34mg, Myricetin: 1.34mg Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg

Nutrients (% of daily need)

Calories: 875.94kcal (43.8%), Fat: 52.13g (80.21%), Saturated Fat: 18.95g (118.42%), Carbohydrates: 78.21g (26.07%), Net Carbohydrates: 67.27g (24.46%), Sugar: 15.52g (17.24%), Cholesterol: 143.5mg (47.83%), Sodium: 1043.7mg (45.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.28g (58.56%), Vitamin K: 137.61µg (131.06%), Phosphorus: 656mg (65.6%), Vitamin C: 49.08mg (59.49%), Calcium: 512.81mg (51.28%), Vitamin A: 2382.82IU (47.66%), Selenium: 32.39µg (46.27%), Fiber: 10.94g (43.76%), Manganese: 0.86mg (42.95%), Vitamin B2: 0.6mg (35.17%), Vitamin B6: 0.65mg (32.34%), Zinc: 4.81mg (32.05%), Folate: 124.53µg (31.13%), Magnesium: 121.2mg (30.3%), Potassium: 981.28mg (28.04%), Vitamin B1: 0.35mg (23.48%), Vitamin B5: 2.02mg (20.2%), Copper: 0.4mg (20.13%), Iron: 3.5mg (19.45%), Vitamin E: 2.81mg (18.74%), Vitamin B3: 3.66mg (18.3%), Vitamin B12: 0.87µg (14.57%), Vitamin D: 0.67µg (4.47%)