



## Southwest Cornbread

READY IN



40 min.

SERVINGS



16

CALORIES



255 kcal

### Ingredients

- 4 oz chiles green undrained chopped canned
- 17 oz corn muffin mix
- 3 egg whites lightly beaten
- 0.5 tsp ground pepper red (cayenne)
- 0.5 cup miracle whip dressing light
- 11 oz no-salt-added corn drained canned
- 0.5 cup bell peppers red chopped

### Equipment

- bowl

frying pan

oven

## Directions

Heat oven to 400F.

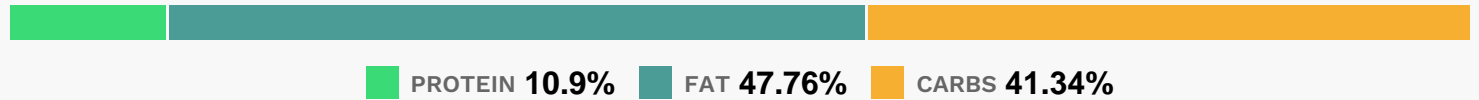
Mix first 4 ingredients in large bowl until well blended.

Add remaining ingredients; mix just until moistened.

Pour into greased 13x9-inch pan.

Bake 25 to 30 min. or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:4, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:8.1039130402648%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 254.96kcal (12.75%), Fat: 13.96g (21.48%), Saturated Fat: 2.99g (18.71%), Carbohydrates: 27.2g (9.07%), Net Carbohydrates: 23.88g (8.68%), Sugar: 9.24g (10.26%), Cholesterol: 1.32mg (0.44%), Sodium: 349.88mg (15.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.34%), Phosphorus: 215.98mg (21.6%), Manganese: 0.39mg (19.38%), Vitamin B3: 3.66mg (18.3%), Fiber: 3.32g (13.27%), Folate: 51.22µg (12.81%), Vitamin E: 1.91mg (12.75%), Vitamin B1: 0.16mg (10.77%), Magnesium: 41.52mg (10.38%), Vitamin C: 8.46mg (10.25%), Vitamin B2: 0.15mg (8.86%), Vitamin B6: 0.15mg (7.41%), Iron: 1.22mg (6.8%), Copper: 0.11mg (5.51%), Selenium: 3.64µg (5.2%), Potassium: 174.83mg (5%), Zinc: 0.68mg (4.55%), Vitamin A: 218.26IU (4.37%), Vitamin B5: 0.38mg (3.83%), Calcium: 30.55mg (3.06%), Vitamin K: 1.84µg (1.75%)