Southwestern Corn Bread

🍎 **Vegetarian**

READY IN	SERVINGS	CALORIES
🕐	🍽️	💧
55 min.	**9**	**251 kcal**

BREAD

Ingredients

- [ ] 0.5 teaspoon baking soda
- [ ] 0.3 cup canola oil
- [ ] 1 cup cornmeal
- [ ] 1 eggs
- [ ] 2 egg whites
- [ ] 0.8 cup skim milk fat-free
- [ ] 1 cup flour all-purpose
- [ ] 4 ounces to 2 chilies slit green chopped canned

- [ ] 4 ounces cheddar cheese shredded reduced-fat
- [ ] 0.5 teaspoon salt
- [ ] 15 ounces corn whole drained canned

Equipment

- [ ] food processor
- [ ] bowl
- [ ] oven
- [ ] blender
- [ ] baking pan
- [ ] toothpicks

Directions

- [ ] Place corn in a food processor or blender; cover and process until coarsely chopped. Set aside. In a bowl, combine the flour, cornmeal, baking soda and salt.
- [ ] In a small bowl, combine the egg, egg whites, milk and oil. Stir into dry ingredients just until moistened.
- [ ] Add the cheese, chilies and corn.
- [ ] Pour into a 9-in. square baking dish coated with cooking spray.
- [ ] Bake at 350° for 40-45 minutes or until a toothpick inserted near the center comes out clean.
- [ ] Serve warm.

Nutrition Facts

■ PROTEIN **14.94%**   ■ FAT **34.08%**   ■ CARBS **50.98%**
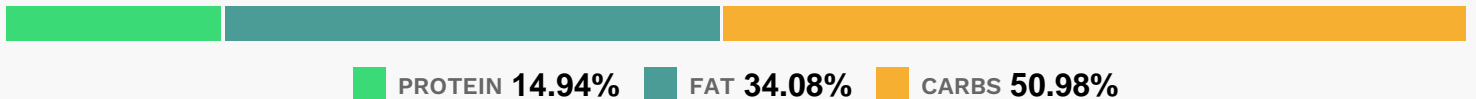
Properties

Glycemic Index:19.64, Glycemic Load:15.68, Inflammation Score:-3, Nutrition Score:7.5821739227875%

Nutrients (% of daily need)

Calories: 250.96kcal (12.55%), Fat: 9.45g (14.53%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 31.79g (10.6%), Net Carbohydrates: 29.34g (10.67%), Sugar: 1.89g (2.11%), Cholesterol: 21.45mg (7.15%), Sodium: 413.44mg (17.98%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.32g (18.63%), Phosphorus: 167.63mg (16.76%), Selenium: 10.84µg (15.48%), Folate: 49.48µg (12.37%), Vitamin B1: 0.18mg (12.29%), Manganese: 0.24mg (11.91%), Vitamin B2: 0.2mg (11.67%), Fiber: 2.45g (9.81%), Calcium: 86.61mg (8.66%), Vitamin B3: 1.67mg (8.33%), Magnesium: 32.95mg (8.24%), Vitamin E: 1.22mg (8.14%), Iron: 1.42mg (7.9%), Zinc: 1.16mg (7.76%), Vitamin B6: 0.14mg (6.83%), Potassium: 186.61mg (5.33%), Vitamin K: 4.6µg (4.38%), Copper: 0.09mg (4.28%), Vitamin B12: 0.23µg (3.83%), Vitamin B5: 0.35mg (3.5%), Vitamin C: 2.32mg (2.81%), Vitamin D: 0.34µg (2.23%), Vitamin A: 94.13IU (1.88%)