



Spiced Beef Corn Bread Cobbler

READY IN



50 min.

SERVINGS



4

CALORIES



657 kcal

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon pepper black
- ☐ 14 ounce frangelico diced canned
- ☐ 0.5 teaspoon ground pepper
- ☐ 1 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 2 garlic clove finely chopped
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 pound ground beef
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.8 teaspoon ground ginger
- ☐ 1 medium onion chopped
- ☐ 1.3 teaspoons salt
- ☐ 2 ounces sharp cheddar cheese grated ()
- ☐ 1 teaspoon sugar
- ☐ 4 tablespoons vegetable oil
- ☐ 0.3 cup milk whole
- ☐ 0.7 cup cornmeal yellow

Equipment

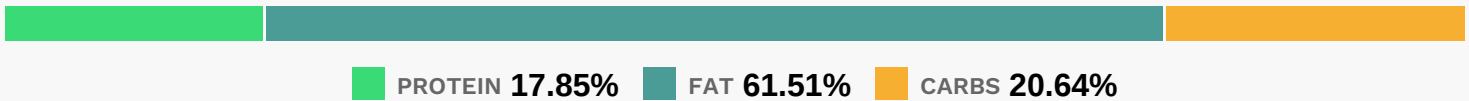
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ skewers
- ☐ slotted spoon

Directions

- ☐ Put oven rack in middle position and preheat oven to 400°F. Lightly oil a 9 1/2-inch (6-cup capacity) pie plate.
- ☐ Cook onion in 2 tablespoons oil in a deep 10-inch heavy skillet over moderate heat, stirring occasionally, until edges are golden, 3 to 4 minutes.
- ☐ Add garlic and cook, stirring, 1 minute.
- ☐ Add beef and cook, breaking up large lumps, until no longer pink, 4 to 5 minutes.
- ☐ Add sugar, spices, and 1 teaspoon salt and cook, stirring, 1 minute.
- ☐ Add tomatoes with juice and briskly simmer, stirring occasionally, until liquid is reduced to about 1/4 cup, 8 to 10 minutes.
- ☐ While beef simmers, whisk together cornmeal, flour, baking powder, and remaining 1/4 teaspoon salt in a medium bowl.

- ☐
- Whisk together milk, egg, and remaining 2 tablespoons oil in a small bowl, then stir into cornmeal mixture until just combined. Fold in 1/2 cup cheese.
- ☐
- Spoon cooked spiced beef into pie plate with a slotted spoon, reserving juices in skillet. Skim off and discard fat from juices if desired, then pour juices over beef in pie plate.
- ☐
- Spoon 4 mounds of corn bread batter over beef, then sprinkle remaining 2 tablespoons cheese over batter.
- ☐
- Bake until a wooden pick or skewer inserted into center of corn bread comes out clean, 15 to 25 minutes.
- ☐
- Serve cobbler warm.

Nutrition Facts



Properties

Glycemic Index:127.9, Glycemic Load:19.44, Inflammation Score:-7, Nutrition Score:20.911304442779%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 656.77kcal (32.84%), Fat: 44.71g (68.79%), Saturated Fat: 14.6g (91.22%), Carbohydrates: 33.77g (11.26%), Net Carbohydrates: 30.19g (10.98%), Sugar: 3.74g (4.15%), Cholesterol: 143.63mg (47.88%), Sodium: 1029.82mg (44.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.19g (58.39%), Vitamin B12: 2.8µg (46.63%), Selenium: 30.98µg (44.25%), Zinc: 6.49mg (43.28%), Phosphorus: 394.29mg (39.43%), Vitamin B6: 0.63mg (31.59%), Vitamin B3: 6.21mg (31.05%), Vitamin K: 28.2µg (26.85%), Manganese: 0.51mg (25.69%), Vitamin B2: 0.4mg (23.78%), Calcium: 228.73mg (22.87%), Iron: 4.06mg (22.53%), Vitamin B1: 0.25mg (16.5%), Magnesium: 62.82mg (15.71%), Potassium: 521.88mg (14.91%), Fiber: 3.59g (14.34%), Vitamin E: 2.02mg (13.45%), Folate: 50.53µg (12.63%), Vitamin B5: 1.15mg (11.46%), Copper: 0.18mg (9.2%), Vitamin A: 349.39IU (6.99%), Vitamin D: 0.67µg (4.48%), Vitamin C: 2.76mg (3.34%)