



Spicy Cornbread

READY IN



40 min.

SERVINGS



40

CALORIES



63 kcal

Ingredients

- 4 oz chiles green undrained chopped canned
- 17 oz corn muffin mix
- 2 eggs beaten
- 0.5 tsp ground pepper red
- 0.5 cup miracle whip dressing
- 0.5 cup bell pepper red chopped
- 11 oz kernel corn whole drained canned

Equipment

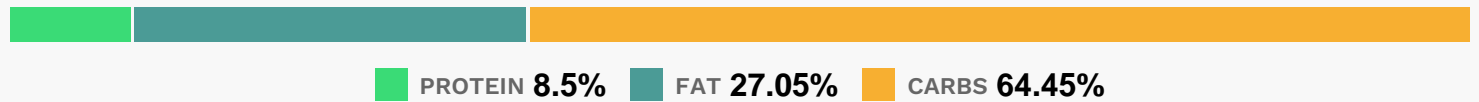
- bowl

- oven
- baking pan

Directions

- Preheat oven to 400F.
- Mix dressing, chilies, eggs and ground red pepper in large bowl.
- Add remaining ingredients; mix just until moistened.
- Pour into greased 13x9-inch baking pan.
- Bake 25 to 30 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:1.6, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.9756521854712%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 63.11kcal (3.16%), Fat: 1.89g (2.91%), Saturated Fat: 0.48g (3%), Carbohydrates: 10.15g (3.38%), Net Carbohydrates: 9.22g (3.35%), Sugar: 2.87g (3.19%), Cholesterol: 8.71mg (2.9%), Sodium: 150.72mg (6.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.68%), Phosphorus: 67.49mg (6.75%), Vitamin C: 3.52mg (4.26%), Folate: 16.91µg (4.23%), Fiber: 0.94g (3.75%), Vitamin B1: 0.05mg (3.66%), Vitamin B2: 0.05mg (2.74%), Vitamin B3: 0.5mg (2.52%), Manganese: 0.05mg (2.27%), Iron: 0.41mg (2.27%), Vitamin A: 99.18IU (1.98%), Selenium: 1.36µg (1.95%), Vitamin B6: 0.03mg (1.43%), Magnesium: 4.38mg (1.1%)