



Thumbs-Up Cornbread Salad

READY IN



45 min.

SERVINGS



10

CALORIES



599 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup bacon bits divided
- ☐ 30 oz regular corn drained canned
- ☐ 24 oz pinto beans drained and rinsed canned
- ☐ 0.3 cup celery chopped
- ☐ 1 cup cherry tomatoes quartered
- ☐ 8.5 oz just-add-water cornbread mix
- ☐ 2 cups cheese blend cheese shredded divided
- ☐ 2 cups ranch salad dressing
- ☐ 1 cup heavy whipping cream sour

☐ 0.3 cup onion diced sweet

Equipment

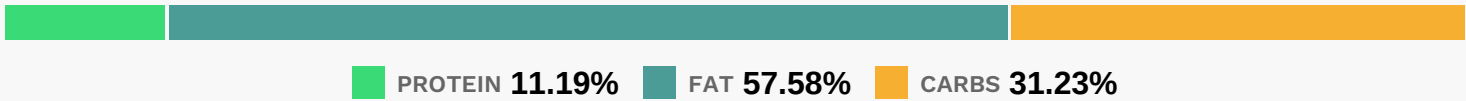
☐ bowl

☐ oven

Directions

- ☐ Prepare and bake cornbread according to package directions; set aside to cool.
- ☐ Crumble cornbread into a large serving bowl.
- ☐ Add beans, corn, onion, tomatoes, celery, 1/4 cup bacon bits and 1 1/2 cups cheese. Toss well; set aside.
- ☐ In another bowl, mix sour cream and salad dressing together; drizzle over cornbread mixture and toss to coat.
- ☐ Sprinkle with remaining bacon bits and cheese.

Nutrition Facts



Properties

Glycemic Index:10.4, Glycemic Load:3.39, Inflammation Score:-6, Nutrition Score:16.372608741988%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 599.34kcal (29.97%), Fat: 38.45g (59.16%), Saturated Fat: 10.1g (63.15%), Carbohydrates: 46.92g (15.64%), Net Carbohydrates: 40.82g (14.84%), Sugar: 9.48g (10.53%), Cholesterol: 44.23mg (14.74%), Sodium: 1311.94mg (57.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.81g (33.63%), Vitamin K: 69.23µg (65.93%), Phosphorus: 433.09mg (43.31%), Fiber: 6.1g (24.39%), Folate: 87.36µg (21.84%), Calcium: 212.94mg (21.29%), Manganese: 0.39mg (19.57%), Vitamin E: 2.53mg (16.88%), Vitamin B1: 0.25mg (16.55%), Magnesium: 60.08mg (15.02%), Vitamin B2: 0.25mg (14.54%), Vitamin B12: 0.8µg (13.4%), Potassium: 453.32mg (12.95%), Copper: 0.25mg (12.56%), Iron: 2.25mg (12.51%), Selenium: 8.67µg (12.39%), Zinc: 1.82mg (12.13%), Vitamin B3: 2.01mg (10.03%),

Vitamin A: 428.68IU (8.57%), Vitamin C: 6.07mg (7.36%), Vitamin B5: 0.73mg (7.32%), Vitamin B6: 0.14mg (7.11%)