



## Trailer Trash Cornbread

READY IN



60 min.

SERVINGS



8

CALORIES



364 kcal

### Ingredients

- 0.5 cup celery chopped
- 15 ounce chili with beans canned
- 8.5 ounce just-add-water cornbread mix
- 1 eggs beaten
- 1 cup bell pepper green chopped
- 16 ounce hot dogs halved lengthwise cut into 1-inch pieces
- 0.3 cup milk
- 1 tablespoon olive oil
- 0.5 cup onion chopped

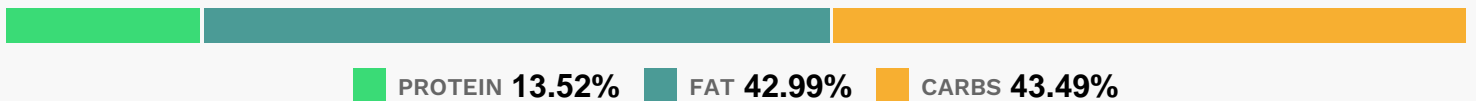
## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Spray an 8x8-inch baking dish with cooking spray.
- Heat olive oil in a large skillet over medium heat; cook and stir green bell pepper, onion, and celery in hot oil until onion is translucent, about 5 minutes. Stir in hot dog pieces and cook and stir until hot dogs begin to brown, 6 more minutes. Stir in the chili and heat the mixture thoroughly.
- Beat cornbread mix, egg, and milk in a bowl with a spoon until batter is just moistened, and spread half the cornbread batter into the prepared baking dish. Top batter with the hot dog mixture; spread remaining half of cornbread batter over the top.
- Bake in the preheated oven until casserole is bubbling and cornbread topping is golden brown, about 25 minutes.
- Let stand for 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:16.88, Glycemic Load:3.39, Inflammation Score:-6, Nutrition Score:13.872608682384%

## Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

## Nutrients (% of daily need)

Calories: 363.53kcal (18.18%), Fat: 17.66g (27.17%), Saturated Fat: 5.76g (35.98%), Carbohydrates: 40.2g (13.4%), Net Carbohydrates: 35.31g (12.84%), Sugar: 8.22g (9.14%), Cholesterol: 56.83mg (18.94%), Sodium: 929.1mg (40.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.49g (24.99%), Phosphorus: 314.58mg (31.46%), Selenium: 19.36µg (27.66%), Iron: 4.12mg (22.87%), Vitamin B1: 0.31mg (20.98%), Vitamin C: 16.9mg (20.49%), Vitamin B2: 0.35mg (20.42%), Fiber: 4.88g (19.54%), Folate: 76.64µg (19.16%), Vitamin B3: 3.44mg (17.21%), Zinc: 2.54mg (16.95%), Vitamin B5: 1.36mg (13.63%), Manganese: 0.26mg (13.15%), Potassium: 397.3mg (11.35%), Magnesium: 43.96mg (10.99%), Vitamin B6: 0.21mg (10.55%), Calcium: 78.05mg (7.8%), Copper: 0.15mg (7.72%), Vitamin A: 357.4IU (7.15%), Vitamin B12: 0.43µg (7.1%), Vitamin K: 6.88µg (6.56%), Vitamin E: 0.73mg (4.85%), Vitamin D: 0.22µg (1.48%)