



Upside-Down Salsa Cornbread

READY IN



45 min.

SERVINGS



6

CALORIES



540 kcal

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 2 cups martha buttermilk self-rising corn meal mix white
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 teaspoon garlic salt
- ☐ 1 pound ground beef lean
- ☐ 1.3 cups milk
- ☐ 0.5 cup onion chopped
- ☐ 1 medium bell pepper green red seeded cut into rings
- ☐ 16 ounce salsa chunky-style
- ☐ 1 teaspoon salt

- ☐ 4 ounces cheddar cheese shredded
- ☐ 1 tablespoon sugar
- ☐ 4 tablespoons vegetable oil

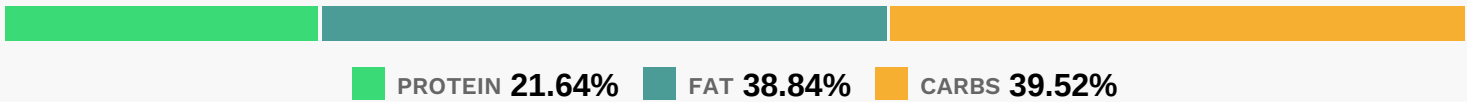
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 42
- ☐ Heat 1 tablespoon oil in a 10 1/2-inch cast iron skillet over medium heat until hot.
- ☐ Add the ground beef, onion, chili powder, salt, and garlic salt; cook until the beef is no longer pink, stirring frequently and breaking up any clumps of meat.
- ☐ Remove the beef mixture from the skillet to a bowl.
- ☐ Place the bell pepper rings in a single layer in the bottom of the skillet. Spoon the beef mixture over the rings.
- ☐ Make the topping: Stir together the corn meal mix, cheese, sugar, salsa, milk, 3 tablespoons oil, and egg in a medium bowl; stir until well blended.
- ☐ Spread the batter evenly over the beef mixture in the skillet.
- ☐ Bake until golden brown, 32 to 38 minutes.
- ☐ Place a serving plate over the skillet; carefully invert and remove the skillet.
- ☐ Cut into wedges and carefully turn each wedge upside down onto a serving plate.

Nutrition Facts



Properties

Glycemic Index:28.68, Glycemic Load:2.76, Inflammation Score:-8, Nutrition Score:27.583043658215%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 540.31kcal (27.02%), Fat: 23.55g (36.23%), Saturated Fat: 8.19g (51.17%), Carbohydrates: 53.92g (17.97%), Net Carbohydrates: 48.31g (17.57%), Sugar: 8.48g (9.42%), Cholesterol: 102.87mg (34.29%), Sodium: 2035.99mg (88.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.52g (59.05%), Phosphorus: 706.01mg (70.6%), Folate: 168.9µg (42.22%), Vitamin B3: 8.17mg (40.83%), Calcium: 404.75mg (40.47%), Zinc: 5.86mg (39.07%), Vitamin B6: 0.77mg (38.66%), Vitamin B12: 2.24µg (37.37%), Vitamin B2: 0.6mg (35.03%), Vitamin B1: 0.52mg (34.47%), Selenium: 22.86µg (32.65%), Iron: 5.26mg (29.22%), Fiber: 5.61g (22.44%), Vitamin C: 18.37mg (22.27%), Manganese: 0.44mg (22.01%), Vitamin K: 22.58µg (21.5%), Potassium: 737.05mg (21.06%), Vitamin A: 1014.72IU (20.29%), Magnesium: 74.6mg (18.65%), Vitamin E: 2.33mg (15.56%), Vitamin B5: 1.29mg (12.89%), Copper: 0.22mg (11.05%), Vitamin D: 0.91µg (6.1%)