



Vidalia Onion Cornbread

 Vegetarian

READY IN



38 min.

SERVINGS



16

CALORIES



156 kcal

Ingredients

- ☐ 0.3 cup butter
- ☐ 8 ounce cornbread/muffin mix
- ☐ 0.3 teaspoon dill weed dried
- ☐ 1 eggs beaten
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sharp cheddar divided grated
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 large vidalia sweet chopped
- ☐ 0.3 cup milk whole

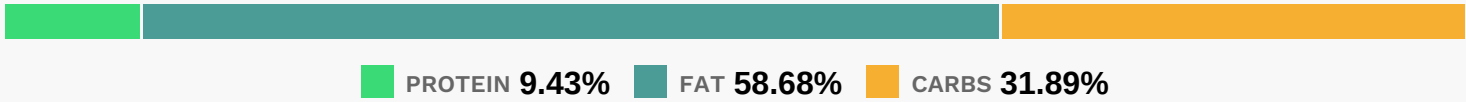
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat the oven to 450 degrees F. Spray an 8-inch square baking pan with vegetable oil cooking spray.
- ☐ In a medium saucepan, melt the butter and saute the onion until tender, but not browned, for about 3 minutes.
- ☐ Remove the pan from the heat and add the muffin mix, egg, milk, sour cream, 1/2 cup of the cheese, the salt, and dill weed. Stir to combine.
- ☐ Pour into the prepared pan and top with the remaining 1/2 cup cheese.
- ☐ Bake for 30 minutes, until set and a toothpick inserted into the center of the cornbread comes out clean. Allow to cool slightly before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:7.19, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:3.8000000404275%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 155.6kcal (7.78%), Fat: 10.24g (15.75%), Saturated Fat: 5.25g (32.81%), Carbohydrates: 12.52g (4.17%), Net Carbohydrates: 11.41g (4.15%), Sugar: 4.69g (5.21%), Cholesterol: 34.29mg (11.43%), Sodium: 233.12mg (10.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.4%), Phosphorus: 129.69mg (12.97%), Calcium: 85.61mg (8.56%), Vitamin B2: 0.12mg (6.99%), Selenium: 4.4µg (6.29%), Vitamin A: 289.47IU (5.79%), Folate: 21.69µg (5.42%), Vitamin B1: 0.08mg (5.21%), Fiber: 1.11g (4.44%), Manganese: 0.06mg (3.22%), Vitamin B6: 0.06mg (3.2%), Zinc: 0.47mg (3.16%), Vitamin B12: 0.18µg (2.93%), Iron: 0.49mg (2.7%), Vitamin B3: 0.53mg (2.64%), Magnesium: 9.69mg (2.42%), Vitamin B5: 0.23mg (2.31%), Potassium: 76.84mg (2.2%), Vitamin E: 0.25mg (1.65%), Copper: 0.03mg (1.53%), Vitamin C: 1.14mg (1.39%), Vitamin K: 1.43µg (1.36%), Vitamin D: 0.15µg (1.02%)