

# Mexican Corn Bread Pizza

Yield: 6 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-corn-bread-recipe-albers>

## Ingredients:

- 8 1/2 ounces corn bread /muffin mix
- 1/3 cup fat free milk
- 1 eggs lightly beaten
- 1 cup frozen corn thawed
- 3/4 pound ground turkey extra-lean
- 1 onion small, chopped
- 1 red bell pepper small, chopped
- 2 jalapeno chilies seeded and chopped
- 3 tablespoons reduced sodium taco seasoning
- 1/2 cup water
- 3/4 cup Mexican cheese blend shredded reduced-fat
- 1 tomatoes small, chopped
- 1/4 cup ripe olives sliced
- 2 green onions chopped
- 6 tablespoons reduced-fat sour cream

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 120 milligrams
4. Fat: 16 grams
5. Fiber: 2 grams
6. Protein: 20 grams
7. SaturatedFat: 7 grams
8. Sodium: 690 milligrams
9. Sugar: 5 grams

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