



Bacon-Cheddar Hot-Water Cornbread

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



201 kcal

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 12 servings butter softened
- ☐ 8 slices bacon crumbled cooked
- ☐ 4 green onions minced
- ☐ 0.3 cup half and half
- ☐ 1.3 teaspoons salt
- ☐ 1 cup sharp cheddar cheese shredded
- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon vegetable oil

- ☐ 2 cups water boiling
- ☐ 2 cups cornmeal white

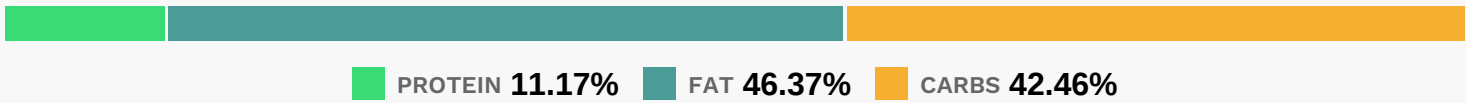
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Combine first 4 ingredients in a bowl; stir in half and half and 1 tablespoon oil. Gradually add boiling water, stirring until batter is the consistency of grits. Stir in the bacon, cheese and green onions.
- ☐ Pour oil in depth of 1/2 inch into a large heavy skillet; place over medium-high heat. Scoop batter into a 1/4 cup measure; drop into hot oil, and fry, in batches, 3 minutes on each side or until golden.
- ☐ Drain on paper towels.
- ☐ Serve with softened butter.
- ☐ NOTE: The amount of boiling water needed varies depending on the type of cornmeal used. Stone-ground (coarsely ground) cornmeal requires more liquid.

Nutrition Facts



Properties

Glycemic Index:22.59, Glycemic Load:0.38, Inflammation Score:-3, Nutrition Score:5.8026086713957%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 201.35kcal (10.07%), Fat: 10.46g (16.09%), Saturated Fat: 5.23g (32.67%), Carbohydrates: 21.54g (7.18%), Net Carbohydrates: 18.68g (6.79%), Sugar: 1.06g (1.17%), Cholesterol: 22.88mg (7.63%), Sodium: 371.56mg (16.15%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.33%), Phosphorus: 126.62mg (12.66%), Fiber: 2.86g (11.44%), Vitamin K: 11.11µg (10.58%), Magnesium: 37.49mg (9.37%), Manganese: 0.18mg (8.96%), Calcium: 85.2mg (8.52%), Zinc: 1.25mg (8.32%), Vitamin B6: 0.17mg (8.31%), Vitamin B5: 0.72mg (7.22%), Iron: 1.09mg (6.08%), Vitamin B1: 0.09mg (5.92%), Vitamin A: 277.03IU (5.54%), Vitamin B2: 0.09mg (5.45%), Selenium: 2.9µg (4.15%), Potassium: 143.61mg (4.1%), Vitamin B3: 0.78mg (3.88%), Copper: 0.07mg (3.57%), Folate: 13.32µg (3.33%), Vitamin E: 0.41mg (2.75%), Vitamin B12: 0.12µg (1.96%)