



Bacon Cheddar Jalapeno Cornbread

READY IN



70 min.

SERVINGS



12

CALORIES



478 kcal

BREAD

Ingredients

- ☐ 5 slices bacon
- ☐ 2 tablespoons double-acting baking powder
- ☐ 1 cup buttermilk
- ☐ 3 extra large eggs lightly beaten
- ☐ 3 cups flour all-purpose
- ☐ 3 jalapeño peppers diced
- ☐ 2 teaspoons kosher salt
- ☐ 1 cup milk
- ☐ 8 ounce sharp cheddar cheese shredded

- ☐ 1 cup butter unsalted melted
- ☐ 0.3 cup sugar white
- ☐ 1 cup cornmeal yellow

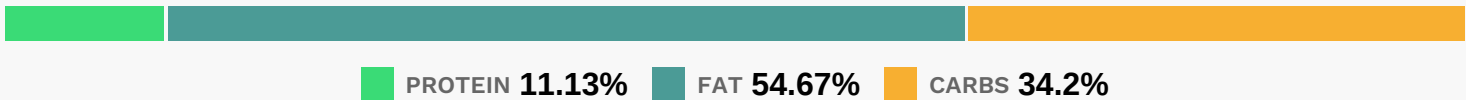
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ toothpicks

Directions

- ☐ Fry bacon in a large cast-iron skillet over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Transfer bacon to a paper towel-lined plate; reserve remaining bacon grease in skillet. Crumble bacon.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place skillet with bacon grease in oven.
- ☐ Combine flour, cornmeal, sugar, baking powder, and salt in a large bowl.
- ☐ Whisk milk, buttermilk, butter, and eggs in another bowl; stir milk mixture into flour mixture until just combined. Batter will be slightly lumpy. Fold in Cheddar cheese and jalapeno peppers. Allow batter to rest at room temperature for 10 minutes.
- ☐ Pour batter into hot skillet and sprinkle with crumbled bacon, gently pressing bacon into batter.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, 30 to 35 minutes. Cool in the pan for 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:36.13, Glycemic Load:27.26, Inflammation Score:-6, Nutrition Score:13.380434761877%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 478.33kcal (23.92%), Fat: 29.16g (44.87%), Saturated Fat: 15.95g (99.69%), Carbohydrates: 41.05g (13.68%), Net Carbohydrates: 38.86g (14.13%), Sugar: 6.67g (7.41%), Cholesterol: 122.34mg (40.78%), Sodium: 835.86mg (36.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.36g (26.72%), Selenium: 24.24µg (34.62%), Calcium: 318.17mg (31.82%), Phosphorus: 277.85mg (27.78%), Vitamin B2: 0.39mg (23.15%), Vitamin B1: 0.34mg (22.97%), Folate: 74.75µg (18.69%), Vitamin A: 844.76IU (16.9%), Manganese: 0.31mg (15.6%), Iron: 2.4mg (13.35%), Vitamin B3: 2.65mg (13.27%), Zinc: 1.79mg (11.97%), Vitamin B12: 0.6µg (10.08%), Vitamin B6: 0.19mg (9.4%), Fiber: 2.19g (8.77%), Magnesium: 34.83mg (8.71%), Vitamin D: 1.2µg (7.98%), Vitamin B5: 0.74mg (7.43%), Vitamin E: 0.98mg (6.56%), Potassium: 199.41mg (5.7%), Copper: 0.11mg (5.39%), Vitamin C: 4.15mg (5.03%), Vitamin K: 2.71µg (2.58%)