



## Blue Cornbread

READY IN



45 min.

SERVINGS



9

CALORIES



193 kcal

BREAD

## Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1.3 cups cornmeal blue
- 0.3 cup egg substitute frozen thawed
- 0.7 cup flour all-purpose
- 0.3 cup jalapeno minced
- 3 tablespoons butter melted reduced-calorie
- 1 cup nonfat buttermilk
- 0.5 cup onion finely chopped

- 1 cup bell pepper sweet red finely chopped
- 0.5 teaspoon salt
- 0.3 cup evaporated skimmed milk
- 2 tablespoons sugar

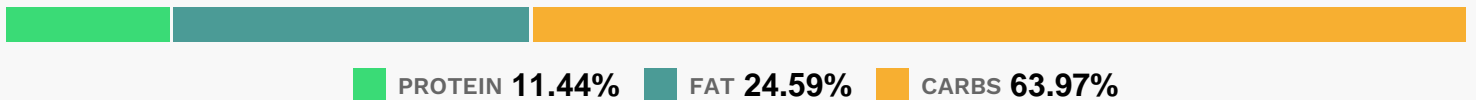
## Equipment

- bowl
- frying pan
- oven

## Directions

- Coat a nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add chopped red pepper, onion, and jalapenopepper; saute until tender.
- Combine cornmeal and next 5 ingredients in a large bowl; make a well in center of mixture.
- Combine buttermilk, skimmed milk, egg substitute, and melted margarine in a small bowl; add buttermilk mixture to cornmeal mixture, stirring just until dry ingredients are moistened. Stir in vegetable mixture.
- Pour batter into a 9-inch square pan coated with cooking spray.
- Bake at 425 for 25 minutes or until golden.
- Cut into squares to serve.

## Nutrition Facts



## Properties

Glycemic Index:47.76, Glycemic Load:17.96, Inflammation Score:-6, Nutrition Score:8.1626086908838%

## Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

## Nutrients (% of daily need)

Calories: 193.19kcal (9.66%), Fat: 5.32g (8.18%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 31.11g (10.37%), Net Carbohydrates: 28.08g (10.21%), Sugar: 6.14g (6.82%), Cholesterol: 0.8mg (0.27%), Sodium: 348.09mg (15.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.13%), Vitamin C: 25.17mg (30.51%), Vitamin A: 745.92IU (14.92%), Manganese: 0.25mg (12.39%), Fiber: 3.03g (12.14%), Vitamin B1: 0.17mg (11.4%), Vitamin B6: 0.23mg (11.35%), Selenium: 7.58µg (10.82%), Phosphorus: 100.72mg (10.07%), Folate: 36.23µg (9.06%), Magnesium: 32.9mg (8.23%), Iron: 1.44mg (7.99%), Vitamin B2: 0.13mg (7.4%), Vitamin B3: 1.35mg (6.77%), Calcium: 67.25mg (6.72%), Zinc: 0.96mg (6.41%), Potassium: 171.39mg (4.9%), Vitamin E: 0.7mg (4.64%), Vitamin B5: 0.4mg (3.99%), Copper: 0.08mg (3.99%), Vitamin D: 0.21µg (1.38%), Vitamin K: 1.4µg (1.33%), Vitamin B12: 0.08µg (1.33%)