



Caribbean Habanero Cornbread

READY IN



45 min.

SERVINGS



9

CALORIES



240 kcal

BREAD

Ingredients

- 2 tablespoons anaheim chili fresh green minced
- 2.5 teaspoons double-acting baking powder
- 8.5 oz regular corn cream-style canned
- 2 tablespoons habanero chilies fresh minced
- 1 large eggs beaten to blend
- 1 cup flour all-purpose
- 0.5 cup jack cheese shredded
- 0.5 cup nonfat yogurt plain
- 0.3 cup salad oil

- 0.5 teaspoon salt
- 1 tablespoon sugar
- 1 cup cornmeal yellow

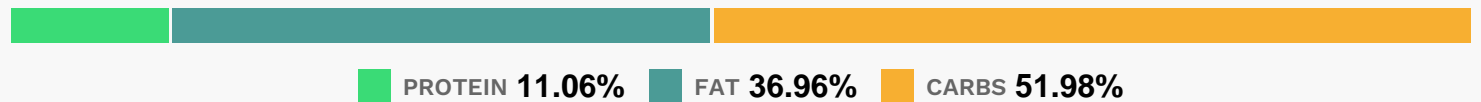
Equipment

- bowl
- frying pan
- oven

Directions

- In a large bowl, stir to combine cornmeal, flour, sugar, baking powder, and salt.
- Add oil, egg, corn, yogurt, cheese, habaneros, and Anaheims. Stir until ingredients are evenly moistened.
- Pour batter into an oiled 8-inch square pan.
- Bake in a 375 oven until bread is golden brown and begins to pull from pan sides, 30 to 35 minutes.
- Cut bread into squares and serve hot, warm, or cool.

Nutrition Facts



Properties

Glycemic Index:41.95, Glycemic Load:16.69, Inflammation Score:-3, Nutrition Score:7.9234781990881%

Nutrients (% of daily need)

Calories: 239.6kcal (11.98%), Fat: 9.98g (15.36%), Saturated Fat: 2.07g (12.95%), Carbohydrates: 31.6g (10.53%), Net Carbohydrates: 29.08g (10.58%), Sugar: 3.89g (4.32%), Cholesterol: 26.53mg (8.84%), Sodium: 385.13mg (16.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.44%), Phosphorus: 154.43mg (15.44%), Calcium: 146.82mg (14.68%), Selenium: 9.01µg (12.87%), Folate: 49.08µg (12.27%), Vitamin B1: 0.18mg (12.04%), Manganese: 0.24mg (11.79%), Vitamin B2: 0.18mg (10.83%), Fiber: 2.52g (10.07%), Iron: 1.59mg (8.82%), Vitamin E: 1.28mg (8.53%), Vitamin B6: 0.17mg (8.28%), Magnesium: 32.53mg (8.13%), Zinc: 1.19mg (7.92%), Vitamin B3: 1.58mg (7.91%), Vitamin C: 6.4mg (7.76%), Vitamin K: 5.18µg (4.93%), Potassium: 166.09mg (4.75%), Copper: 0.09mg (4.47%), Vitamin B5: 0.41mg (4.06%), Vitamin B12: 0.18µg (3.08%), Vitamin A: 130.78IU (2.62%)