



Cheddar Cornbread

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



360 kcal

BREAD

Ingredients

- 1 cup flour all-purpose
- 1 cup cornmeal yellow stone-ground
- 1 tablespoon granulated sugar
- 1.5 teaspoons double-acting baking powder
- 1 teaspoon coarse salt
- 1 pinch ground pepper
- 1.5 cups milk
- 2 large eggs lightly beaten ()

- 0.8 oz butter unsalted melted ()
- 1 cup cheddar cheese grated
- 0.5 cup ears corn fresh frozen cooked ((, , or left over from a cob)
- 2 tablespoons jalapeño peppers chopped ()

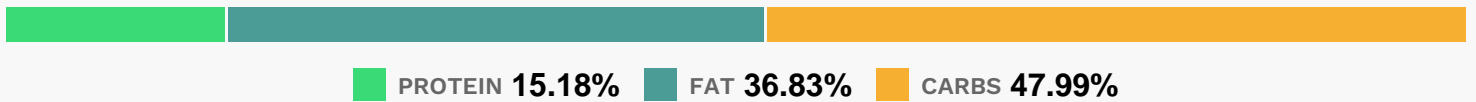
Equipment

- bowl
- oven
- whisk
- baking pan

Directions

- Preheat the oven to 425°F (220°C).
- In a large bowl, whisk together the flour, cornmeal, sugar, baking powder, salt, and cayenne. Blend in the milk, eggs, and butter. Fold in the cheese, corn, and the jalapeños, if using.
- Scoop into a well-seasoned 10-inch cast-iron skillet or a buttered 8-inch square baking pan and smooth over the top.
- Bake for 35 to 45 minutes, until the top is golden brown and a cake tester inserted in the center comes out clean. (Do not overbake it or the cornbread will be dry.)
- Cut into wedges or squares and serve hot.

Nutrition Facts



Properties

Glycemic Index:67.1, Glycemic Load:25.89, Inflammation Score:-6, Nutrition Score:13.145217278729%

Nutrients (% of daily need)

Calories: 359.85kcal (17.99%), Fat: 14.78g (22.74%), Saturated Fat: 7.44g (46.53%), Carbohydrates: 43.34g (14.45%), Net Carbohydrates: 39.95g (14.53%), Sugar: 6.36g (7.06%), Cholesterol: 95.77mg (31.92%), Sodium: 723mg (31.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.71g (27.42%), Phosphorus: 297.16mg

(29.72%), Selenium: 20.4µg (29.14%), Calcium: 283.13mg (28.31%), Vitamin B2: 0.38mg (22.39%), Vitamin B1: 0.31mg (20.65%), Manganese: 0.35mg (17.3%), Folate: 64.59µg (16.15%), Zinc: 2.2mg (14.64%), Fiber: 3.39g (13.55%), Magnesium: 52.69mg (13.17%), Vitamin B6: 0.26mg (13.11%), Iron: 2.32mg (12.9%), Vitamin B12: 0.68µg (11.39%), Vitamin A: 552.28IU (11.05%), Vitamin B3: 2.2mg (11.01%), Vitamin B5: 0.91mg (9.14%), Potassium: 277.19mg (7.92%), Vitamin D: 1.17µg (7.8%), Copper: 0.13mg (6.28%), Vitamin E: 0.58mg (3.84%), Vitamin K: 1.53µg (1.46%), Vitamin C: 1.17mg (1.42%)