



Cheddar & Jalapeño Corn Sticks

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



14

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup buttermilk well-shaken
- ☐ 1 cup sharp cheddar cheese extra-sharp grated
- ☐ 1 large eggs
- ☐ 1 tablespoons jalapeño peppers drained finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup spring onion white green finely chopped (and pale parts only)
- ☐ 1 teaspoon sugar

- ☐ 4 tablespoons butter unsalted melted
- ☐ 1 cup cornmeal yellow

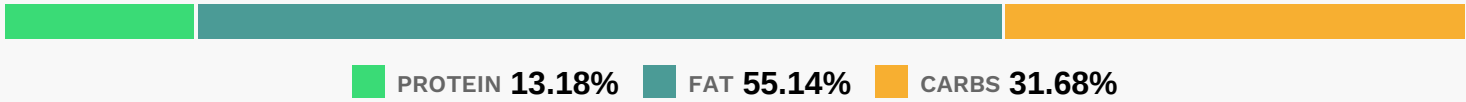
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 425°F.
- ☐ Heat pans in middle of oven 10 minutes.
- ☐ Whisk together cornmeal, sugar, baking soda, and salt in a large bowl.
- ☐ Whisk together buttermilk and egg in another bowl and add cornmeal mixture with Cheddar, scallion, jalapeños, and 2 tablespoons butter, stirring, until just combined.
- ☐ Remove pans from oven and divide remaining 2 tablespoons butter among corn stick molds. Quickly divide batter among molds (about 3 tablespoons each) and bake until a tester comes out clean and tops are golden, 12 to 15 minutes.
- ☐ Cool corn sticks in pans 3 to 5 minutes before removing from molds.
- ☐ Serve warm.
- ☐ If using a cast-iron skillet, pour all of batter into it and bake 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:16.33, Glycemic Load:5.48, Inflammation Score:-2, Nutrition Score:3.7056521902914%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 122.82kcal (6.14%), Fat: 7.57g (11.65%), Saturated Fat: 4.16g (26.01%), Carbohydrates: 9.79g (3.26%), Net Carbohydrates: 8.66g (3.15%), Sugar: 1.4g (1.55%), Cholesterol: 31.84mg (10.61%), Sodium: 211.12mg (9.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.15%), Phosphorus: 85.91mg (8.59%), Calcium: 81.93mg (8.19%), Selenium: 4.75µg (6.79%), Vitamin B2: 0.1mg (5.59%), Vitamin A: 258.35IU (5.17%), Zinc: 0.77mg (5.15%), Fiber: 1.13g (4.53%), Vitamin B6: 0.09mg (4.37%), Magnesium: 17.02mg (4.26%), Vitamin K: 4.35µg (4.14%), Manganese: 0.08mg (3.97%), Vitamin B12: 0.2µg (3.38%), Vitamin B1: 0.05mg (3.16%), Vitamin D: 0.4µg (2.68%), Iron: 0.46mg (2.56%), Folate: 9.45µg (2.36%), Vitamin B5: 0.23mg (2.3%), Potassium: 78.15mg (2.23%), Copper: 0.04mg (2.01%), Vitamin E: 0.26mg (1.73%), Vitamin B3: 0.32mg (1.58%)