



Cheese and Pepper Cornbread

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



286 kcal

Ingredients

- ☐ 1 cup flour
- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 ounces cheddar cheese cut in small cubes
- ☐ 1 cup cornmeal
- ☐ 2 large eggs
- ☐ 1 cup milk
- ☐ 0.5 cup roasted peppers red fire roasted cut in medium dice
- ☐ 1 teaspoon salt
- ☐ 0.3 cup cream sour

- ☐ 2 tablespoons sugar
- ☐ 0.3 cup vegetable oil plus more for the pan

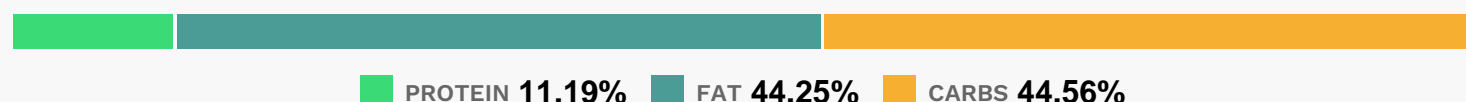
Equipment

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

Directions

- ☐ Preheat the oven to 400 degrees with a cast iron frying pan in the oven. In a medium bowl, combine the flour, cornmeal, sugar, baking powder, and salt. In a small bowl, combine the eggs, milk, sour cream, and vegetable oil.
- ☐ Whisk to combine.
- ☐ Remove the pan from the oven, add about 1 tablespoon of oil in the pan, and swirl it around to coat the pan. Return the pan to the oven.
- ☐ Add the wet ingredients to the dry and stir to combine. It's fine if there are a few lumps.
- ☐ Add the cheese and pepper, and stir to distribute them.
- ☐ Remove the pan from the oven and pour the cornbread batter in. Return it to the oven and bake at 400 degrees until a toothpick inserted in the center comes out clean – about 25 minutes.
- ☐ Remove the cornbread from the pan and let it cool on a rack. Or, if you prefer, you can cut it and serve it directly from the pan.

Nutrition Facts



Properties

Glycemic Index:46.32, Glycemic Load:20.21, Inflammation Score:-4, Nutrition Score:9.2708695660467%

Nutrients (% of daily need)

Calories: 286.4kcal (14.32%), Fat: 14.14g (21.75%), Saturated Fat: 4.32g (27%), Carbohydrates: 32.04g (10.68%), Net Carbohydrates: 29.64g (10.78%), Sugar: 5.13g (5.7%), Cholesterol: 61.49mg (20.5%), Sodium: 595.53mg (25.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.09%), Selenium: 13.23µg (18.89%), Phosphorus: 178.73mg (17.87%), Calcium: 167.98mg (16.8%), Vitamin B2: 0.24mg (14.2%), Vitamin B1: 0.21mg (14%), Manganese: 0.26mg (12.76%), Vitamin K: 13.02µg (12.4%), Folate: 44.55µg (11.14%), Iron: 1.74mg (9.67%), Fiber: 2.4g (9.59%), Vitamin B6: 0.19mg (9.37%), Zinc: 1.31mg (8.75%), Magnesium: 33.74mg (8.43%), Vitamin B3: 1.51mg (7.57%), Vitamin B12: 0.37µg (6.1%), Vitamin E: 0.87mg (5.78%), Vitamin A: 278.2IU (5.56%), Vitamin B5: 0.55mg (5.49%), Vitamin C: 4.13mg (5.01%), Potassium: 171.25mg (4.89%), Copper: 0.1mg (4.77%), Vitamin D: 0.63µg (4.19%)