



## Cheesy Jalapeño Cornbread

READY IN



30 min.

SERVINGS



9

CALORIES



166 kcal

### Ingredients

- 2 Tbsp pickled jalapeños and carrots mixed chopped
- 8.5 oz corn muffin mix
- 0.3 cup pasilla peppers red chopped
- 1 cup cheddar cheese shredded kraft

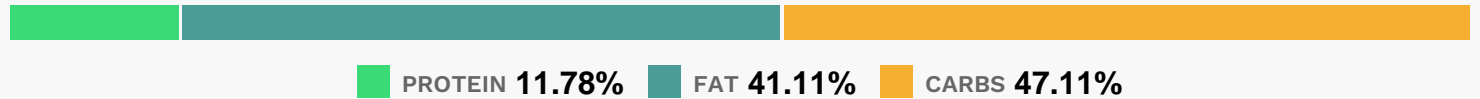
### Equipment

- bowl
- frying pan
- oven

## Directions

- Heat oven to 400F.
- Prepare muffin batter in medium bowl as directed on package. Stir in remaining ingredients just until blended.
- Pour into greased 8-inch square pan.
- Bake 18 to 20 min. or until lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:11.76, Glycemic Load:0.24, Inflammation Score:-6, Nutrition Score:5.5239130517711%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 165.59kcal (8.28%), Fat: 7.56g (11.62%), Saturated Fat: 3.24g (20.26%), Carbohydrates: 19.48g (6.49%), Net Carbohydrates: 17.56g (6.39%), Sugar: 5.82g (6.47%), Cholesterol: 13.09mg (4.36%), Sodium: 303.33mg (13.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.74%), Phosphorus: 190.67mg (19.07%), Vitamin A: 843.05IU (16.86%), Calcium: 105.42mg (10.54%), Vitamin B1: 0.12mg (8.16%), Vitamin B2: 0.13mg (7.86%), Fiber: 1.92g (7.68%), Folate: 30.07µg (7.52%), Selenium: 5.06µg (7.23%), Vitamin C: 5.52mg (6.69%), Vitamin B3: 0.97mg (4.87%), Manganese: 0.09mg (4.75%), Zinc: 0.63mg (4.21%), Iron: 0.72mg (3.98%), Vitamin B6: 0.06mg (2.98%), Magnesium: 10.71mg (2.68%), Vitamin B12: 0.16µg (2.62%), Vitamin K: 2.28µg (2.17%), Vitamin B5: 0.2mg (2.03%), Potassium: 59.32mg (1.69%), Vitamin E: 0.22mg (1.5%), Copper: 0.03mg (1.46%)