



## Cheesy Jalapeno Cornbread

READY IN



50 min.

SERVINGS



8

CALORIES



288 kcal

BREAD

### Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 teaspoon baking soda
- 2 tablespoons butter
- 1 cup buttermilk
- 1 cup cheddar grated
- 0.5 cup flour all-purpose
- 1 jalapeño fresh diced seeded
- 0.5 cup milk
- 0.5 onion diced

- 1 bell pepper diced red finely
- 1 pinch salt
- 0.3 cup shortening
- 1 eggs whole
- 1 cup cornmeal yellow

## Equipment

- bowl
- frying pan
- oven
- microwave
- measuring cup

## Directions

- Watch how to make this recipe.
- Preheat the oven to 425 degrees F.
- Combine the cornmeal, flour, baking powder and salt in a bowl. Stir together.
- Measure the buttermilk and milk in a measuring cup and add the egg. Stir together with a fork.
- Add the baking soda and stir.
- Pour the milk mixture into the dry ingredients. Stir with a fork until combined. Fold in the cheese. Set aside.
- In a small bowl, melt the shortening in the microwave. Slowly add the melted shortening to the batter, stirring until just combined.
- In an iron skillet, melt the butter over medium heat.
- Saute the peppers and onions until soft, 4 to 5 minutes.
- Pour the batter into the hot skillet with the veggies.
- Spread to even out the surface. (Batter should sizzle.)
- Cook for 1 minute, and then transfer to the oven and bake until golden brown, for 20 to 25 minutes.

# Nutrition Facts

PROTEIN 11.68% FAT 53.78% CARBS 34.54%

## Properties

Glycemic Index:59.06, Glycemic Load:14.51, Inflammation Score:-6, Nutrition Score:10.515217366426%

## Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

## Nutrients (% of daily need)

Calories: 287.65kcal (14.38%), Fat: 17.35g (26.7%), Saturated Fat: 7.37g (46.07%), Carbohydrates: 25.08g (8.36%), Net Carbohydrates: 22.52g (8.19%), Sugar: 3.59g (3.98%), Cholesterol: 47.24mg (15.75%), Sodium: 394.36mg (17.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.48g (16.96%), Vitamin C: 21.62mg (26.21%), Calcium: 250.45mg (25.04%), Phosphorus: 209.66mg (20.97%), Vitamin A: 817.64IU (16.35%), Selenium: 11.02µg (15.74%), Vitamin B2: 0.23mg (13.77%), Vitamin B6: 0.22mg (10.95%), Vitamin B1: 0.16mg (10.88%), Manganese: 0.21mg (10.64%), Fiber: 2.56g (10.24%), Zinc: 1.49mg (9.94%), Folate: 36.83µg (9.21%), Magnesium: 35.5mg (8.87%), Iron: 1.34mg (7.43%), Vitamin B12: 0.43µg (7.08%), Vitamin E: 1.04mg (6.96%), Vitamin B3: 1.18mg (5.92%), Vitamin B5: 0.57mg (5.75%), Potassium: 201.1mg (5.75%), Vitamin K: 5.29µg (5.04%), Vitamin D: 0.75µg (5.02%), Copper: 0.08mg (4.09%)