



Chile-Cheese Corn Bread

READY IN



45 min.

SERVINGS



16

CALORIES



103 kcal

BREAD

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 4.5 ounce chilis green drained chopped canned
- ☐ 0.5 cup egg substitute
- ☐ 1 cup flour all-purpose
- ☐ 3 ounces cheddar cheese shredded reduced-fat
- ☐ 0.3 cup skim milk powder dry
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup water

☐ 1 cup cornmeal yellow

Equipment

☐ bowl

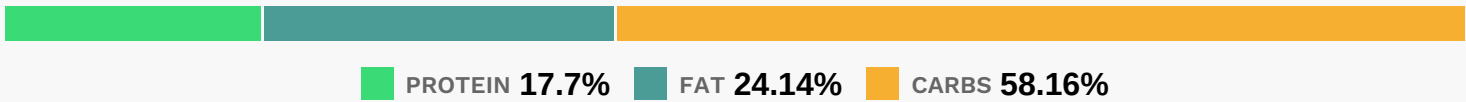
☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 6 ingredients in a medium bowl; make a well in center of mixture.
- ☐ Combine water, egg substitute, and oil; add to flour mixture, stirring just until dry ingredients are moistened. Stir in cheese and green chiles.
- ☐ Pour batter into an 8-inch square baking dish coated with cooking spray.
- ☐ Bake at 375 for 30 minutes or until golden.
- ☐ Cut into squares, and serve warm.

Nutrition Facts



Properties

Glycemic Index:14.72, Glycemic Load:8.83, Inflammation Score:-2, Nutrition Score:4.6682608386745%

Nutrients (% of daily need)

Calories: 103.28kcal (5.16%), Fat: 2.77g (4.26%), Saturated Fat: 0.62g (3.86%), Carbohydrates: 15.01g (5%), Net Carbohydrates: 13.73g (4.99%), Sugar: 1.33g (1.48%), Cholesterol: 1.49mg (0.5%), Sodium: 206.27mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.13%), Selenium: 7.65µg (10.93%), Calcium: 100.33mg (10.03%), Phosphorus: 97.38mg (9.74%), Vitamin B1: 0.11mg (7.29%), Vitamin B2: 0.12mg (7.06%), Folate: 24.7µg (6.18%), Manganese: 0.12mg (5.92%), Iron: 1.03mg (5.7%), Fiber: 1.28g (5.13%), Vitamin B6: 0.09mg (4.54%), Magnesium: 17.06mg (4.27%), Zinc: 0.62mg (4.12%), Vitamin B3: 0.79mg (3.94%), Vitamin C: 2.89mg (3.51%), Vitamin K: 3.22µg (3.07%), Vitamin B5: 0.3mg (3.01%), Potassium: 102.57mg (2.93%), Vitamin D: 0.33µg (2.21%), Vitamin B12: 0.13µg (2.12%), Copper: 0.04mg (2.07%), Vitamin E: 0.3mg (2.02%), Vitamin A: 78.78IU (1.58%)