



Chile-Cheese Corn Bread

READY IN



45 min.

SERVINGS



16

CALORIES



185 kcal

BREAD

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 0.3 cup butter softened
- ☐ 14.8 ounce regular corn cream-style canned
- ☐ 4.5 ounce chiles green undrained chopped canned
- ☐ 3 ounces extrasharp cheddar cheese shredded reduced-fat
- ☐ 1.8 cups cornmeal
- ☐ 0.5 cup egg substitute
- ☐ 2 large eggs

- ☐ 3.3 ounces flour all-purpose
- ☐ 0.3 cup nonfat buttermilk
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Combine softened butter and sugar in a large bowl. Beat with a mixer at medium speed until light and fluffy.
- ☐ Add egg substitute, nonfat buttermilk, and eggs, beating at low speed until well combined.
- ☐ Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine flour, cornmeal, baking soda, baking powder, and 3/4 teaspoon salt in a medium bowl, and stir with a whisk.
- ☐ Add flour mixture to buttermilk mixture, stirring just until combined. Fold in shredded cheese, corn, and green chiles.
- ☐ Pour batter into a 13 x 9-inch baking pan coated with cooking spray.
- ☐ Bake at 375 for 45 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Remove from oven, and cool for 5 minutes in pan.

Nutrition Facts



 **PROTEIN 12.4%**  **FAT 35.62%**  **CARBS 51.98%**

Properties

Glycemic Index:23.91, Glycemic Load:12, Inflammation Score:-3, Nutrition Score:6.0904347741086%

Nutrients (% of daily need)

Calories: 184.75kcal (9.24%), Fat: 7.45g (11.47%), Saturated Fat: 3.86g (24.1%), Carbohydrates: 24.47g (8.16%), Net Carbohydrates: 22.23g (8.08%), Sugar: 3.07g (3.41%), Cholesterol: 38.83mg (12.94%), Sodium: 445.56mg (19.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.67%), Selenium: 9.75µg (13.93%), Phosphorus: 111.18mg (11.12%), Folate: 37.66µg (9.42%), Fiber: 2.24g (8.98%), Manganese: 0.17mg (8.63%), Vitamin B2: 0.14mg (8.5%), Vitamin B1: 0.12mg (7.93%), Vitamin B6: 0.16mg (7.78%), Calcium: 76.03mg (7.6%), Iron: 1.31mg (7.28%), Zinc: 1.08mg (7.2%), Magnesium: 28.18mg (7.04%), Vitamin B3: 1.1mg (5.5%), Vitamin A: 251.45IU (5.03%), Vitamin C: 3.89mg (4.72%), Vitamin B5: 0.43mg (4.31%), Potassium: 136.3mg (3.89%), Copper: 0.07mg (3.62%), Vitamin E: 0.42mg (2.8%), Vitamin B12: 0.15µg (2.43%), Vitamin D: 0.28µg (1.85%)