



## Chile-Jack Corn Loaf

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



1851 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 4 ounce chiles green drained chopped canned
- 1 eggs lightly beaten
- 2 egg whites lightly beaten
- 1 cup flour all-purpose
- 2 teaspoons flour all-purpose
- 2 tablespoons butter melted

- 2 ounces monterrey jack cheese shredded reduced-fat
- 1 cup no-salt-added corn cream-style canned
- 0.5 cup nonfat buttermilk
- 0.3 cup roasted pepper in water red drained chopped
- 0.5 teaspoon salt
- 1 cup cornmeal yellow

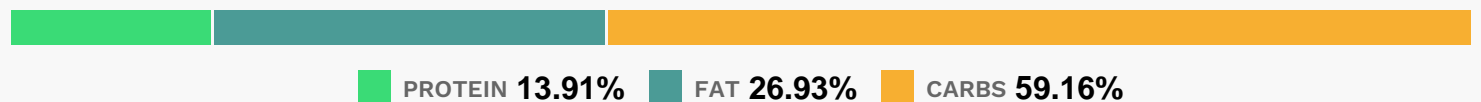
## Equipment

- bowl
- frying pan
- paper towels
- oven
- wire rack

## Directions

- Combine first 5 ingredients in a medium bowl; make a well in center of mixture.
- Combine corn, buttermilk, margarine, egg, and egg whites; stir mixture well.
- Press roasted red pepper and chiles between paper towels until barely moist.
- Add pepper and chiles to corn mixture, stirring well.
- Add corn mixture and cheese to dry ingredients, stirring just until dry ingredients are moistened.
- Coat a 9- x 5- x 3-inch loafpan with cooking spray; sprinkle with 2 teaspoons flour. Spoon batter into prepared pan.
- Bake at 375 for 1 hour or until golden.
- Let cool in pan 10 minutes; remove loaf from pan, and let cool completely on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:337.5, Glycemic Load:142.51, Inflammation Score:-10, Nutrition Score:62.642609202343%

## Nutrients (% of daily need)

Calories: 1850.67kcal (92.53%), Fat: 56.11g (86.32%), Saturated Fat: 18.95g (118.47%), Carbohydrates: 277.29g (92.43%), Net Carbohydrates: 253.42g (92.15%), Sugar: 17.88g (19.87%), Cholesterol: 216.51mg (72.17%), Sodium: 5039.52mg (219.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.2g (130.4%), Selenium: 88.49µg (126.42%), Folate: 500.61µg (125.15%), Phosphorus: 1176.69mg (117.67%), Manganese: 2.16mg (107.9%), Vitamin B1: 1.6mg (106.83%), Calcium: 1038.14mg (103.81%), Vitamin B2: 1.66mg (97.72%), Fiber: 23.86g (95.46%), Iron: 15.62mg (86.77%), Vitamin C: 67.03mg (81.25%), Vitamin B3: 15.06mg (75.3%), Vitamin B6: 1.48mg (73.98%), Magnesium: 280.63mg (70.16%), Zinc: 9.64mg (64.29%), Vitamin A: 2189.5IU (43.79%), Copper: 0.81mg (40.72%), Potassium: 1390.34mg (39.72%), Vitamin B5: 3.01mg (30.12%), Vitamin B12: 0.94µg (15.74%), Vitamin E: 2.32mg (15.48%), Vitamin D: 1.22µg (8.13%), Vitamin K: 2.25µg (2.15%)