

Chili Corn Bread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



148 kcal

BREAD

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.3 teaspoons chili powder
- ☐ 1 cup whole-kernel corn frozen thawed
- ☐ 3 egg whites lightly beaten
- ☐ 0.7 cup flour all-purpose
- ☐ 2 tablespoons green onions minced
- ☐ 2 tablespoons honey
- ☐ 0.3 cup jalapeno minced seeded

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup skim milk
- ☐ 1 tablespoon vegetable oil
- ☐ 0.7 cup cornmeal yellow

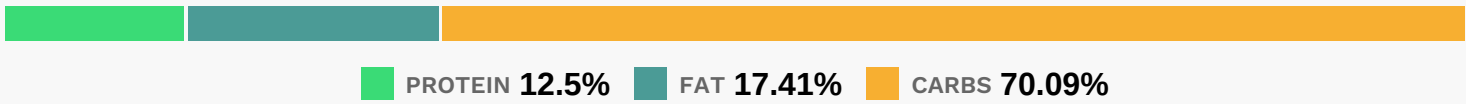
Equipment

- ☐ oven

Directions

- ☐ Combine the first 5 ingredients; stir well.
- ☐ Add corn, jalapeo, and onions; stir.
- ☐ Combine milk, honey, oil, and egg whites; stir.
- ☐ Add to flour mixture, stirring just until the dry ingredients are moistened. Spoon batter into a 9-inch pie plate coated with cooking spray.
- ☐ Bake at 375 for 25 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Remove from pie plate; cut into wedges.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:48.13, Glycemic Load:14.34, Inflammation Score:-3, Nutrition Score:5.9456522153771%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 147.55kcal (7.38%), Fat: 2.92g (4.5%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 26.48g (8.83%), Net Carbohydrates: 24.28g (8.83%), Sugar: 6.52g (7.24%), Cholesterol: 0.46mg (0.15%), Sodium: 324.75mg (14.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.44%), Selenium: 7.14µg (10.2%), Manganese: 0.2mg

(9.85%), Vitamin B2: 0.16mg (9.43%), Vitamin B1: 0.14mg (9.42%), Phosphorus: 93.15mg (9.32%), Fiber: 2.2g (8.81%), Calcium: 85.7mg (8.57%), Folate: 34.07µg (8.52%), Vitamin K: 7.31µg (6.96%), Iron: 1.16mg (6.46%), Vitamin B3: 1.28mg (6.38%), Vitamin B6: 0.12mg (6.21%), Vitamin C: 5.09mg (6.16%), Magnesium: 23.92mg (5.98%), Zinc: 0.66mg (4.39%), Potassium: 147.27mg (4.21%), Vitamin A: 188.5IU (3.77%), Copper: 0.06mg (3.25%), Vitamin E: 0.47mg (3.16%), Vitamin B5: 0.29mg (2.93%), Vitamin B12: 0.1µg (1.65%), Vitamin D: 0.17µg (1.12%)