



Chipotle-Bacon Corn Bread

READY IN



45 min.

SERVINGS



9

CALORIES



175 kcal

BREAD

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 2 tablespoons butter melted
- ☐ 1.5 tablespoons chipotle chiles in adobo sauce canned chopped
- ☐ 3 bacon crumbled cooked
- ☐ 1 large eggs lightly beaten
- ☐ 1.3 cups buttermilk fat-free
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon ground cumin

- ☐ 1 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 0.8 cup cornmeal yellow

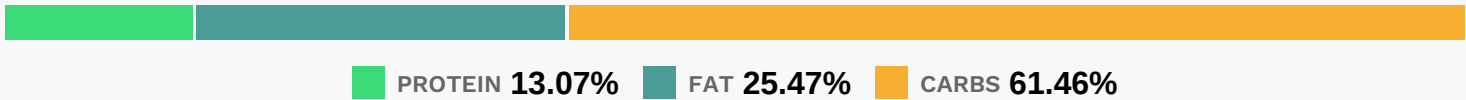
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat oven to 42
- ☐ Combine first 7 ingredients in a large bowl, stirring well.
- ☐ Combine buttermilk, butter, chiles, and egg in a medium bowl, stirring with a whisk.
- ☐ Add buttermilk mixture to flour mixture; stir just until moist. Fold in bacon.
- ☐ Pour batter into an 8-inch square baking pan coated with cooking spray.
- ☐ Bake at 425 for 18 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:40.07, Glycemic Load:16.34, Inflammation Score:-2, Nutrition Score:4.8147825508014%

Nutrients (% of daily need)

Calories: 175.2kcal (8.76%), Fat: 4.94g (7.6%), Saturated Fat: 2.25g (14.09%), Carbohydrates: 26.82g (8.94%), Net Carbohydrates: 24.93g (9.07%), Sugar: 6.18g (6.87%), Cholesterol: 30.7mg (10.23%), Sodium: 441.9mg (19.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.7g (11.41%), Selenium: 8.62µg (12.32%), Vitamin B1: 0.17mg

(11.12%), Manganese: 0.19mg (9.32%), Folate: 32.64µg (8.16%), Phosphorus: 77.2mg (7.72%), Fiber: 1.88g (7.53%), Iron: 1.35mg (7.5%), Vitamin B3: 1.44mg (7.19%), Vitamin B2: 0.11mg (6.75%), Vitamin B6: 0.11mg (5.43%), Magnesium: 19.32mg (4.83%), Zinc: 0.67mg (4.47%), Calcium: 38.94mg (3.89%), Copper: 0.06mg (3.02%), Vitamin B5: 0.26mg (2.58%), Potassium: 81.46mg (2.33%), Vitamin A: 110.27IU (2.21%), Vitamin B12: 0.08µg (1.4%), Vitamin E: 0.2mg (1.35%)