

Chipotle Cornbread

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



289 kcal

BREAD

Ingredients

- ☐ 1 tablespoon chiles in adobo sauce
- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 stick butter melted
- ☐ 1 chipotle pepper minced
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon honey
- ☐ 1 teaspoon kosher salt

- ☐ 1 cup buttermilk low-fat
- ☐ 1 cup sharp cheddar shredded
- ☐ 1 cup cornmeal yellow

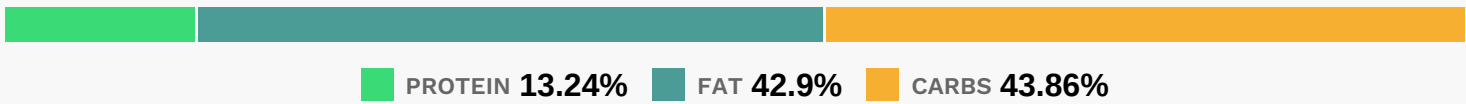
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F. Coat an 8-by-8-inch baking dish with nonstick spray. Set aside.
- ☐ Mix the cornmeal, flour, baking powder and salt in a large bowl.
- ☐ Whisk together the buttermilk, adobo, honey, eggs, chipotle pepper and butter in another bowl.
- ☐ Add the wet ingredients to the dry ingredients and stir until just mixed. Stir in the cheese.
- ☐ Pour the batter into the prepared baking dish.
- ☐ Bake until golden, 25 minutes.
- ☐ Cut into squares and serve.

Nutrition Facts



Properties

Glycemic Index:45.6, Glycemic Load:18.87, Inflammation Score:-4, Nutrition Score:9.1413043037705%

Nutrients (% of daily need)

Calories: 289.09kcal (14.45%), Fat: 13.87g (21.34%), Saturated Fat: 7.24g (45.26%), Carbohydrates: 31.9g (10.63%), Net Carbohydrates: 29.32g (10.66%), Sugar: 4.45g (4.94%), Cholesterol: 77.01mg (25.67%), Sodium: 1037.51mg (45.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.63g (19.26%), Calcium: 238.14mg (23.81%), Selenium:

15.09µg (21.55%), Phosphorus: 213.26mg (21.33%), Vitamin B2: 0.27mg (15.61%), Vitamin B1: 0.2mg (13.52%), Manganese: 0.24mg (12.12%), Folate: 46.16µg (11.54%), Zinc: 1.55mg (10.33%), Fiber: 2.58g (10.31%), Iron: 1.83mg (10.15%), Magnesium: 34.44mg (8.61%), Vitamin B6: 0.17mg (8.31%), Vitamin A: 404.55IU (8.09%), Vitamin B3: 1.46mg (7.32%), Vitamin B12: 0.34µg (5.65%), Vitamin B5: 0.53mg (5.29%), Potassium: 161.77mg (4.62%), Copper: 0.09mg (4.48%), Vitamin E: 0.56mg (3.73%), Vitamin D: 0.33µg (2.23%), Vitamin K: 1.16µg (1.11%)