



Chipotle Cornbread

 Vegetarian

READY IN



20 min.

SERVINGS



8

CALORIES



320 kcal

BREAD

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1 cup buttermilk
- ☐ 2 tablespoons chipotle chiles in adobo sauce minced seeded
- ☐ 2 large eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 1 cup corn kernels fresh
- ☐ 1 cup coarse cornmeal yellow stone-ground
- ☐ 0.8 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 8 tablespoons butter unsalted cooled melted (1 stick)

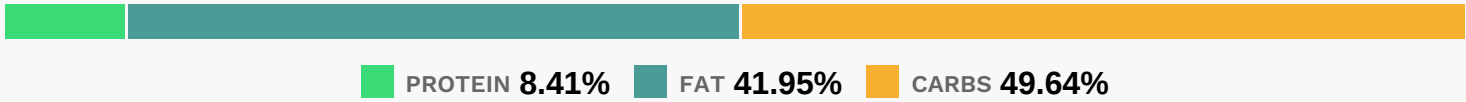
Equipment

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

Directions

- ☐ Preheat oven to 375F and grease an 8-inch square pan. In a medium bowl, combine cornmeal, flour, sugar, baking soda and salt; whisk to combine. In a separate bowl, whisk together buttermilk, butter and eggs.
- ☐ Pour mixture over dry ingredients and stir just to combine, then let stand 10 minutes.
- ☐ Fold in corn and chipotle chiles.
- ☐ Spread batter evenly in prepared pan.
- ☐ Bake until edges begin to brown and a tester inserted into center of cornbread comes out clean, about 35 minutes.
- ☐ Transfer pan to wire rack and let cool 10 minutes, then turn bread out of pan.
- ☐ Serve warm or let cool completely.

Nutrition Facts



Properties

Glycemic Index:30.57, Glycemic Load:23.54, Inflammation Score:-5, Nutrition Score:8.1986956803695%

Nutrients (% of daily need)

Calories: 320.22kcal (16.01%), Fat: 15.13g (23.28%), Saturated Fat: 8.44g (52.77%), Carbohydrates: 40.29g (13.43%), Net Carbohydrates: 37.26g (13.55%), Sugar: 11.57g (12.86%), Cholesterol: 79.9mg (26.63%), Sodium: 546.35mg

(23.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.64%), Selenium: 11.74µg (16.77%), Vitamin B1: 0.23mg (15.35%), Manganese: 0.27mg (13.48%), Phosphorus: 131.34mg (13.13%), Vitamin B2: 0.22mg (12.98%), Folate: 50.76µg (12.69%), Fiber: 3.03g (12.11%), Vitamin A: 500.94IU (10.02%), Iron: 1.74mg (9.67%), Magnesium: 36.2mg (9.05%), Vitamin B3: 1.78mg (8.88%), Vitamin B6: 0.17mg (8.67%), Zinc: 1.1mg (7.32%), Vitamin B5: 0.64mg (6.38%), Vitamin D: 0.85µg (5.67%), Potassium: 190.98mg (5.46%), Copper: 0.1mg (4.99%), Calcium: 48.98mg (4.9%), Vitamin B12: 0.27µg (4.55%), Vitamin E: 0.57mg (3.82%), Vitamin C: 1.23mg (1.49%), Vitamin K: 1.25µg (1.19%)