



Chunky Chili Cornbread

READY IN



215 min.

SERVINGS



36

CALORIES



60 kcal

Ingredients

- 3 cups bread flour all-purpose
- 1 teaspoon bread machine yeast
- 0.7 cup corn kernels frozen thawed drained
- 0.3 cup cornmeal
- 1 eggs
- 0.3 cup nonfat milk powder dry
- 1.5 teaspoons pepper flakes red
- 1 teaspoon salt
- 2 tablespoons shortening
- 1.3 cups water

2 tablespoons sugar white

Equipment

frying pan

oven

loaf pan

bread machine

Directions

Place the ingredients into the pan of a bread machine in the order recommended by the manufacturer. Set the pan in the machine and close the lid. Select the Dough cycle, and press start.

When the cycle is complete, remove the dough to a lightly floured surface, and press out all of the air.

Roll dough up into a tight loaf, and pinch the seam.

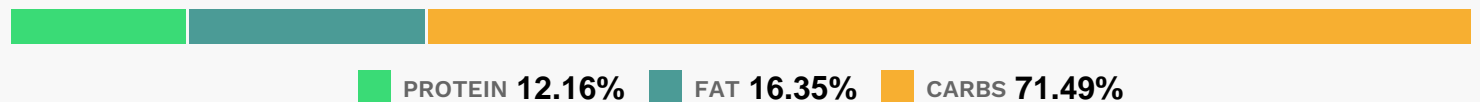
Place into a 9x5 inch loaf pan.

Let rise for about 40 minutes, or until your finger leaves an impression when you poke the bread gently.

Preheat the oven to 375 degrees F (190 degrees C).

Bake the loaf for 30 to 35 minutes in the preheated oven, until nicely browned. When done, the loaf should sound hollow when tapped on the bottom.

Nutrition Facts



Properties

Glycemic Index:5.93, Glycemic Load:6.86, Inflammation Score:-1, Nutrition Score:2.3100000062714%

Nutrients (% of daily need)

Calories: 59.9kcal (3%), Fat: 1.08g (1.67%), Saturated Fat: 0.26g (1.64%), Carbohydrates: 10.66g (3.55%), Net Carbohydrates: 10.11g (3.68%), Sugar: 1.3g (1.44%), Cholesterol: 4.71mg (1.57%), Sodium: 79.17mg (3.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.63%), Vitamin B1: 0.11mg (7.11%), Folate: 24.91µg (6.23%),

Selenium: 4.27µg (6.1%), Vitamin B2: 0.08mg (4.73%), Manganese: 0.09mg (4.32%), Vitamin B3: 0.76mg (3.78%), Iron: 0.58mg (3.21%), Phosphorus: 27.57mg (2.76%), Fiber: 0.55g (2.18%), Magnesium: 5.61mg (1.4%), Vitamin B5: 0.14mg (1.38%), Calcium: 13.54mg (1.35%), Zinc: 0.19mg (1.29%), Copper: 0.02mg (1.18%), Vitamin B6: 0.02mg (1.16%), Potassium: 39.46mg (1.13%), Vitamin A: 50.83IU (1.02%)