



Confetti Cornbread

 Vegetarian

READY IN



25 min.

SERVINGS



25

CALORIES



141 kcal

BREAD

Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 2 cups coarse cornmeal
- ☐ 3 large eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.5 bell pepper green stemmed seeded cut into 1/4-inch dice
- ☐ 2 teaspoons jalapeño minced seeded
- ☐ 1.5 cups milk
- ☐ 0.5 bell pepper red stemmed seeded cut into 1/4-inch dice

- ☐ 2 teaspoons salt
- ☐ 8 tablespoons butter unsalted cooled melted (1 stick)
- ☐ 1 tablespoon vegetable oil

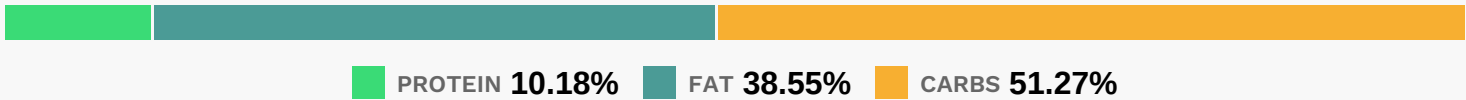
Equipment

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

Directions

- ☐ Preheat oven to 375F. Generously mist a 9-by-13-inch baking pan with cooking spray.
- ☐ Warm oil in a skillet over medium-high heat. Saut red and green bell peppers until softened, about 4 minutes. Stir in green chiles, remove from heat and cool slightly.
- ☐ Whisk flour, cornmeal, baking powder and salt in a bowl.
- ☐ Whisk milk, eggs and butter in a separate bowl until smooth. Stir milk mixture into flour mixture to blend. Stir in bell pepper mixture and jalapeo. Do not overmix.
- ☐ Pour batter into pan, smooth top and bake until edges are brown and a tester inserted in the center comes out clean, 30 to 35 minutes.
- ☐ Let cool.
- ☐ Serve with butter.

Nutrition Facts



Properties

Glycemic Index:13.9, Glycemic Load:11.6, Inflammation Score:-3, Nutrition Score:5.054782618647%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 141.26kcal (7.06%), Fat: 6.08g (9.35%), Saturated Fat: 3g (18.72%), Carbohydrates: 18.18g (6.06%), Net Carbohydrates: 16.61g (6.04%), Sugar: 1.13g (1.25%), Cholesterol: 33.71mg (11.24%), Sodium: 303.26mg (13.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Selenium: 6.32µg (9.04%), Phosphorus: 89.39mg (8.94%), Vitamin B1: 0.13mg (8.69%), Calcium: 81.68mg (8.17%), Manganese: 0.16mg (7.94%), Folate: 27.02µg (6.76%), Vitamin B2: 0.11mg (6.67%), Vitamin C: 5.43mg (6.59%), Fiber: 1.57g (6.28%), Iron: 1.08mg (5.98%), Vitamin B6: 0.11mg (5.63%), Vitamin A: 255.71IU (5.11%), Vitamin B3: 0.97mg (4.83%), Magnesium: 19.22mg (4.81%), Zinc: 0.62mg (4.11%), Vitamin B5: 0.28mg (2.82%), Potassium: 93.38mg (2.67%), Copper: 0.05mg (2.64%), Vitamin B12: 0.14µg (2.33%), Vitamin D: 0.35µg (2.32%), Vitamin E: 0.33mg (2.22%), Vitamin K: 1.8µg (1.71%)