



Corn Bread with Chiles

READY IN



30 min.

SERVINGS



9

CALORIES



207 kcal

Ingredients

- 1.3 cups flour all-purpose
- 0.8 cup cornmeal yellow
- 0.3 cup sugar
- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup buttermilk
- 0.3 cup butter melted
- 1 eggs slightly beaten
- 4 oz chilis green undrained chopped canned

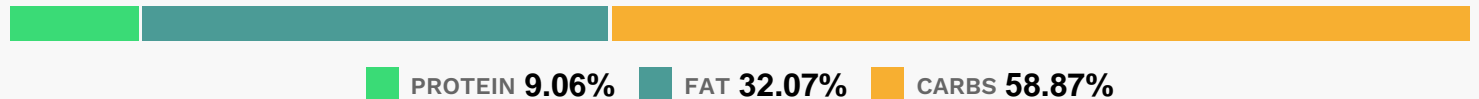
Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Heat oven to 400°. Lightly grease bottom and sides of square pan, 8x8x2 or
- x9x2 inches, with shortening or spray with cooking spray.
- Stir together flour, cornmeal, sugar, baking powder, baking soda and salt in
- large bowl. Stir in remaining ingredients just until moistened (batter will be lumpy).
- Spread in pan.
- Bake 20 to 25 minutes or until light golden brown and toothpick inserted in
- center comes out clean.
- Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:37.4, Glycemic Load:19.85, Inflammation Score:-4, Nutrition Score:6.4386955719927%

Nutrients (% of daily need)

Calories: 207.44kcal (10.37%), Fat: 7.42g (11.42%), Saturated Fat: 1.88g (11.76%), Carbohydrates: 30.66g (10.22%), Net Carbohydrates: 28.73g (10.45%), Sugar: 7.12g (7.91%), Cholesterol: 21.12mg (7.04%), Sodium: 619.57mg (26.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.44%), Selenium: 9.24µg (13.2%), Vitamin B1: 0.19mg (12.83%), Folate: 46.77µg (11.69%), Manganese: 0.21mg (10.34%), Phosphorus: 103.22mg (10.32%), Vitamin B2: 0.17mg (10.2%), Calcium: 95.68mg (9.57%), Iron: 1.57mg (8.7%), Fiber: 1.93g (7.72%), Vitamin B3: 1.46mg (7.3%), Vitamin A: 311.83IU (6.24%), Vitamin B6: 0.12mg (5.97%), Magnesium: 22.19mg (5.55%), Vitamin C: 4.32mg (5.24%), Zinc: 0.71mg (4.73%), Vitamin B5: 0.35mg (3.47%), Potassium: 121.22mg (3.46%), Copper: 0.07mg (3.4%), Vitamin D: 0.44µg (2.96%), Vitamin B12: 0.17µg (2.87%), Vitamin E: 0.32mg (2.17%)