



Corn Bread with Chiles

READY IN



30 min.

SERVINGS



9

CALORIES



208 kcal

Ingredients

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

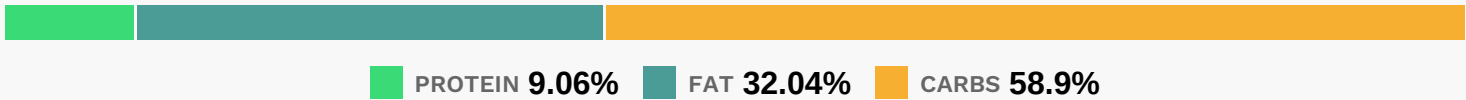
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Heat oven to 40
- ☐ Lightly grease bottom and sides of square pan, 8x8x2 or 9x9x2 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:6.5039130157751%

Nutrients (% of daily need)

Calories: 207.77kcal (10.39%), Fat: 7.43g (11.43%), Saturated Fat: 1.88g (11.76%), Carbohydrates: 30.73g (10.24%), Net Carbohydrates: 28.78g (10.46%), Sugar: 7.12g (7.91%), Cholesterol: 21.12mg (7.04%), Sodium: 625.82mg (27.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.46%), Selenium: 9.25µg (13.21%), Vitamin B1: 0.19mg (12.84%), Folate: 47.62µg (11.91%), Phosphorus: 103.39mg (10.34%), Manganese: 0.21mg (10.34%), Vitamin B2: 0.17mg (10.23%), Calcium: 96.24mg (9.62%), Iron: 1.59mg (8.82%), Fiber: 1.96g (7.83%), Vitamin B3: 1.47mg (7.35%), Vitamin A: 313.81IU (6.28%), Vitamin B6: 0.12mg (6.07%), Vitamin C: 4.86mg (5.89%), Magnesium: 22.25mg (5.56%), Zinc: 0.71mg (4.74%), Potassium: 123mg (3.51%), Vitamin B5: 0.35mg (3.48%), Copper: 0.07mg (3.4%), Vitamin D: 0.44µg (2.96%), Vitamin B12: 0.17µg (2.87%), Vitamin E: 0.32mg (2.17%)