



Corn Bread with Curried Apricot Chutney

READY IN



45 min.

SERVINGS



12

CALORIES



183 kcal

BREAD

Ingredients

- ☐ 1 cup apricots chopped (4 medium)
- ☐ 2 slices bacon cut into 2-inch pieces
- ☐ 1 tablespoon double-acting baking powder
- ☐ 3 tablespoons butter melted
- ☐ 0.3 teaspoon curry powder
- ☐ 3 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons honey

- ☐ 1 tablespoon jalapeno seeded finely chopped
- ☐ 1 cup buttermilk low-fat
- ☐ 0.3 teaspoon salt
- ☐ 0.8 teaspoon salt
- ☐ 1 cup vidalia diced sweet
- ☐ 1 cup cornmeal yellow

Equipment

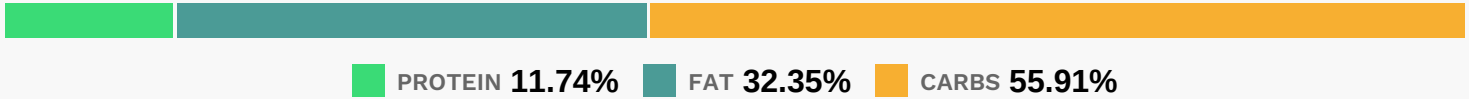
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ To prepare corn bread, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, cornmeal, baking powder, and 3/4 teaspoon salt in a large bowl, stirring with a whisk; make a well in center of mixture.
- ☐ Combine buttermilk, butter, 2 tablespoons honey, and eggs, stirring with a whisk; add to flour mixture, stirring just until moist. Spoon batter into a 13 x 9-inch baking pan coated with cooking spray.
- ☐ Bake at 400 for 15 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.
- ☐ Cut into 24 (2 1/4-inch) squares.
- ☐ To prepare chutney, cook bacon in a medium saucepan over medium-high heat until crisp.

- ☐ Remove bacon from pan, reserving 1 teaspoon drippings in pan. Crumble bacon, and set aside.
- ☐ Add onion and curry powder to drippings in pan; saut 5 minutes.
- ☐ Add apricots and remaining ingredients; cook 3 minutes or until thoroughly heated.
- ☐ Remove from heat; stir in crumbled bacon.
- ☐ Serve chutney with corn bread.

Nutrition Facts



Properties

Glycemic Index:39.06, Glycemic Load:14.53, Inflammation Score:-4, Nutrition Score:6.4895651755126%

Flavonoids

Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 182.51kcal (9.13%), Fat: 6.65g (10.23%), Saturated Fat: 2.97g (18.56%), Carbohydrates: 25.85g (8.62%), Net Carbohydrates: 23.89g (8.69%), Sugar: 7.47g (8.3%), Cholesterol: 57.24mg (19.08%), Sodium: 396.12mg (17.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.86%), Selenium: 9.47µg (13.53%), Phosphorus: 118.89mg (11.89%), Vitamin B1: 0.15mg (10.24%), Vitamin B2: 0.17mg (9.81%), Calcium: 97.47mg (9.75%), Manganese: 0.19mg (9.41%), Folate: 35.28µg (8.82%), Vitamin A: 428.52IU (8.57%), Fiber: 1.97g (7.87%), Vitamin B6: 0.15mg (7.6%), Iron: 1.36mg (7.55%), Vitamin B3: 1.23mg (6.16%), Magnesium: 23.84mg (5.96%), Zinc: 0.83mg (5.56%), Potassium: 165.39mg (4.73%), Vitamin B5: 0.45mg (4.47%), Vitamin C: 3.65mg (4.42%), Copper: 0.08mg (4.02%), Vitamin E: 0.47mg (3.1%), Vitamin B12: 0.18µg (2.99%), Vitamin D: 0.26µg (1.76%), Vitamin K: 1.1µg (1.05%)