



Corn Bread with Fresh Tomatoes and Mozzarella

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



188 kcal

BREAD

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup buttermilk chilled
- ☐ 2 large eggs
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 4 ounces plum tomatoes diced seeded

- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 1.5 cups unbleached all purpose flour
- ☐ 0.5 cup cornmeal yellow

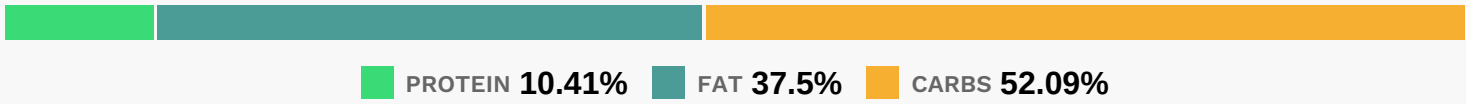
Equipment

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

Directions

- ☐ Position rack in bottom third of oven and preheat to 400°F. Butter 9x9x2-inch baking pan.
- ☐ Whisk 1 1/2 cups flour, cornmeal, sugar, baking powder, salt and baking soda in large bowl to blend well.
- ☐ Combine mozzarella cubes and remaining 1 tablespoon flour in small bowl; toss to coat.
- ☐ Whisk buttermilk, eggs, olive oil and chopped Italian parsley in medium bowl to blend.
- ☐ Add buttermilk mixture to flour mixture and stir just to combine (do not overmix).
- ☐ Sprinkle mozzarella cubes and diced tomatoes over batter; stir gently just to distribute evenly.
- ☐ Transfer batter to prepared pan.
- ☐ Bake corn bread until beginning to brown on top and tester inserted into center comes out clean, about 22 minutes.
- ☐ Transfer pan to rack. Cool bread 15 minutes.
- ☐ Cut into squares or wedges and serve warm.

Nutrition Facts



Properties

Glycemic Index:33.16, Glycemic Load:5.83, Inflammation Score:-4, Nutrition Score:7.7113043847291%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 187.94kcal (9.4%), Fat: 7.84g (12.06%), Saturated Fat: 1.63g (10.2%), Carbohydrates: 24.49g (8.16%), Net Carbohydrates: 23.05g (8.38%), Sugar: 4.09g (4.54%), Cholesterol: 39.84mg (13.28%), Sodium: 355.56mg (15.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.79%), Vitamin K: 28.92µg (27.54%), Selenium: 10.81µg (15.44%), Vitamin B1: 0.19mg (12.79%), Folate: 46.9µg (11.72%), Vitamin B2: 0.19mg (11.24%), Phosphorus: 99.46mg (9.95%), Manganese: 0.2mg (9.93%), Calcium: 86.89mg (8.69%), Iron: 1.53mg (8.53%), Vitamin B3: 1.42mg (7.1%), Vitamin E: 1.04mg (6.96%), Vitamin A: 314.8IU (6.3%), Fiber: 1.44g (5.76%), Magnesium: 18.45mg (4.61%), Vitamin B6: 0.09mg (4.56%), Vitamin C: 3.55mg (4.3%), Zinc: 0.63mg (4.23%), Vitamin B5: 0.39mg (3.9%), Potassium: 127.34mg (3.64%), Copper: 0.07mg (3.44%), Vitamin D: 0.51µg (3.41%), Vitamin B12: 0.2µg (3.32%)