



Corn Bread with Tomato Chutney

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



195 kcal

Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 16 servings butter
- ☐ 1 teaspoon chili powder
- ☐ 4 ears corn fresh
- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.3 teaspoon ground ginger
- ☐ 2 tablespoons brown sugar light packed
- ☐ 2 poblano pepper chopped

- ☐ 1 cup polenta
- ☐ 2 teaspoons salt
- ☐ 1 tablespoon nigella seeds black (nigella) (see Tip)
- ☐ 16 servings tomatoes
- ☐ 2 cups flour all-purpose

Equipment

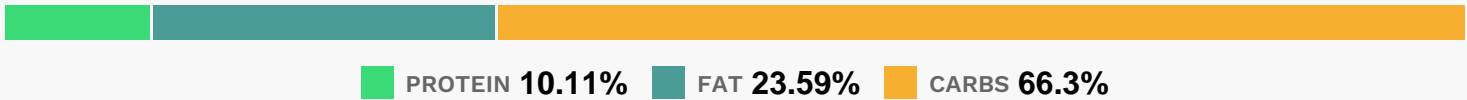
- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ pot
- ☐ blender
- ☐ loaf pan
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Add the corn and simmer for 20 minutes. Strain. When the ears are cool enough to handle, cut the kernels from the cobs.
- ☐ Place 1 cup of the corn kernels in a bowl and set aside.
- ☐ Place the remaining kernels in a blender and puree. Set aside.
- ☐ Preheat the oven to 375°F.
- ☐ In a medium bowl, sift together the flour, polenta, baking powder, salt, pepper, chili powder, ginger, cardamom, and black onion seeds. Stir in the brown sugar, chiles, corn kernels, corn puree, and 2 cups water.
- ☐ Mix to combine.
- ☐ Butter two 8 1/2 × 4 1/2-inch loaf pans and divide the batter evenly between them.
- ☐ Let rest for 20 minutes.

- ☐ Place the pans in a shallow baking dish filled halfway with water and place in the oven.
- ☐ Bake for 1 hour. Cover with aluminum foil and bake for another 30 minutes.
- ☐ Turn the loaves out onto a cooling rack and let cool.
- ☐ Serve with the tomato chutney.
- ☐ Traditionally found in Indian and Middle Eastern cooking, black onion seeds are making their way into mainstream cooking. They add a sharp, peppery flavor that I really like. Look for them in Middle Eastern and Indian markets or order them online.
- ☐ From New American Table by Marcus Samuelsson with Heidi Sacko Walters. Photography by Paul Brissman. Copyright © 2009 by Marcus Samuelsson. Published by John Wiley & Sons, Inc.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:10.9, Inflammation Score:-8, Nutrition Score:12.625651987351%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 195.2kcal (9.76%), Fat: 5.34g (8.22%), Saturated Fat: 2.79g (17.41%), Carbohydrates: 33.8g (11.27%), Net Carbohydrates: 30.24g (11%), Sugar: 8.08g (8.98%), Cholesterol: 10.75mg (3.58%), Sodium: 497.56mg (21.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.3%), Vitamin C: 38.16mg (46.25%), Vitamin A: 1779.97IU (35.6%), Manganese: 0.4mg (20.21%), Folate: 67.24µg (16.81%), Vitamin B1: 0.25mg (16.41%), Potassium: 550.88mg (15.74%), Vitamin K: 16µg (15.24%), Fiber: 3.57g (14.29%), Vitamin B3: 2.6mg (13.01%), Phosphorus: 124.99mg (12.5%), Calcium: 113.95mg (11.4%), Vitamin B6: 0.22mg (11.17%), Selenium: 7.24µg (10.34%), Iron: 1.69mg (9.4%), Magnesium: 36.76mg (9.19%), Vitamin E: 1.22mg (8.11%), Copper: 0.16mg (8.06%), Vitamin B2: 0.13mg (7.94%), Vitamin B5: 0.46mg (4.62%), Zinc: 0.59mg (3.96%)