

Cowboy Cornbread

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 10 bell pepper strips red
- ☐ 4 ounce chiles green undrained chopped canned
- ☐ 1 cup whole-kernel corn frozen thawed
- ☐ 1 eggs beaten
- ☐ 0.8 cup flour all-purpose
- ☐ 0.8 cup buttermilk low-fat

- ☐ 0.3 teaspoon salt
- ☐ 4 teaspoons vegetable oil divided
- ☐ 1 cup cornmeal yellow

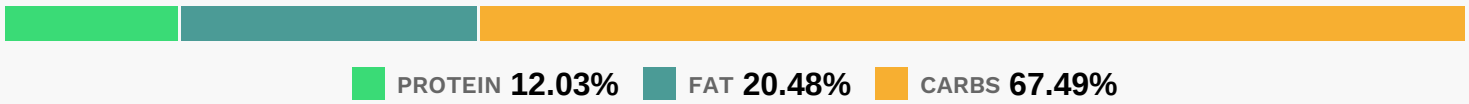
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Coat an 8-inch cast-iron skillet with 1 teaspoon oil.
- ☐ Place in a 400 oven for 10 minutes.
- ☐ Combine the cornmeal and next 4 ingredients in a large bowl.
- ☐ Combine remaining oil, buttermilk, chiles, and egg in a bowl; stir well.
- ☐ Add to cornmeal mixture, stirring until the dry ingredients are moistened. Stir in corn. Spoon into preheated skillet. Arrange pepper strips on top of batter.
- ☐ Bake at 400 for 45 minutes or until a wooden pick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:13.74, Inflammation Score:-10, Nutrition Score:17.316086844258%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 169.21kcal (8.46%), Fat: 4.03g (6.19%), Saturated Fat: 0.82g (5.16%), Carbohydrates: 29.85g (9.95%), Net Carbohydrates: 25.08g (9.12%), Sugar: 6.88g (7.64%), Cholesterol: 17.09mg (5.7%), Sodium: 266.21mg (11.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.64%), Vitamin C: 156.64mg (189.87%), Vitamin A:

3779.78IU (75.6%), Vitamin B6: 0.48mg (23.88%), Folate: 92.46µg (23.12%), Fiber: 4.77g (19.07%), Manganese: 0.32mg (15.98%), Vitamin E: 2.16mg (14.41%), Vitamin B2: 0.23mg (13.42%), Vitamin B1: 0.2mg (13.38%), Phosphorus: 123.51mg (12.35%), Vitamin B3: 2.36mg (11.8%), Potassium: 380.17mg (10.86%), Iron: 1.77mg (9.83%), Magnesium: 38.61mg (9.65%), Vitamin K: 9.23µg (8.79%), Selenium: 6.1µg (8.71%), Calcium: 73.9mg (7.39%), Zinc: 1.05mg (7.01%), Vitamin B5: 0.7mg (6.98%), Copper: 0.08mg (4.14%), Vitamin B12: 0.08µg (1.31%)