



Double Red Cornbread

READY IN



45 min.

SERVINGS



9

CALORIES



211 kcal

BREAD

Ingredients

- 2.5 teaspoons double-acting baking powder
- 0.1 lb butter cooled melted
- 1 cup buttermilk
- 2 large eggs
- 1 cup flour all-purpose
- 1 tablespoon regular paprika
- 0.8 cup roasted peppers red canned chopped
- 0.8 teaspoon salt
- 1 cup cornmeal yellow

2 tablespoons or

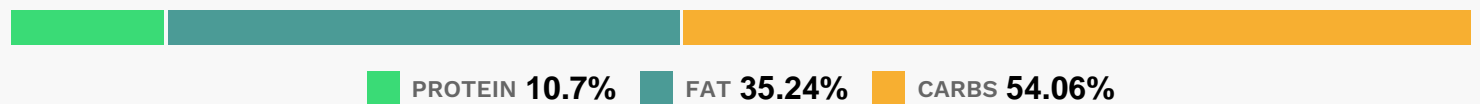
Equipment

- bowl
- frying pan
- oven
- spatula

Directions

- In a bowl, mix flour, cornmeal, sugar, baking powder, salt, and paprika. In another bowl, beat eggs to blend with buttermilk and 1/4 cup butter. Stir peppers into egg mixture mixture.
- Pour liquids into flour mixture and stir just until evenly moistened.
- Scrape batter into a buttered 8-inch square pan and spread smooth.
- Bake in a 400 oven until bread springs back when lightly pressed in the center and begins to pull from pan sides, about 30 minutes (25 minutes in a convection oven).
- Cut bread into squares. Lift from pan with a slender spatula.
- Serve hot or cool.

Nutrition Facts



Properties

Glycemic Index:39.07, Glycemic Load:17.92, Inflammation Score:-6, Nutrition Score:7.96782611764%

Nutrients (% of daily need)

Calories: 211.26kcal (10.56%), Fat: 8.33g (12.81%), Saturated Fat: 2.13g (13.34%), Carbohydrates: 28.75g (9.58%), Net Carbohydrates: 26.31g (9.57%), Sugar: 4.4g (4.89%), Cholesterol: 44.27mg (14.76%), Sodium: 576.01mg (25.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.69g (11.38%), Vitamin A: 773.11U (15.46%), Selenium: 10.27µg (14.67%), Phosphorus: 129.99mg (13%), Vitamin B1: 0.19mg (12.34%), Manganese: 0.24mg (12.2%), Vitamin B2: 0.2mg (11.62%), Calcium: 113.92mg (11.39%), Folate: 40.29µg (10.07%), Fiber: 2.45g (9.8%), Iron: 1.76mg (9.77%), Vitamin B6: 0.18mg (8.84%), Magnesium: 29.12mg (7.28%), Vitamin B3: 1.43mg (7.16%), Vitamin C: 5.44mg (6.6%), Zinc: 0.95mg (6.3%), Copper: 0.1mg (4.93%), Vitamin B5: 0.47mg (4.67%), Potassium: 160.81mg (4.59%), Vitamin E: 0.63mg (4.2%), Vitamin B12: 0.23µg (3.8%), Vitamin D: 0.57µg (3.79%)