



Green Chile Cornbread



Vegetarian



Popular

READY IN



45 min.

SERVINGS



12

CALORIES



283 kcal

Ingredients

- ☐ 1 cup cornmeal
- ☐ 1 cup all purpose flour
- ☐ 1.5 teaspoons salt
- ☐ 1 teaspoon baking soda
- ☐ 1 Tbsp double-acting baking powder
- ☐ 0.3 cup sugar
- ☐ 0.5 cup butter unsalted softened (1 stick)
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 2 eggs

- ☐ 1.8 cups milk
- ☐ 2 cups roasted chiles whole green drained chopped (Anaheim or Hatch) (2 7-ounce cans of chiles, ,)
- ☐ 1 cup regular corn frozen fine (is)
- ☐ 4 ounces monterrey jack cheese shredded

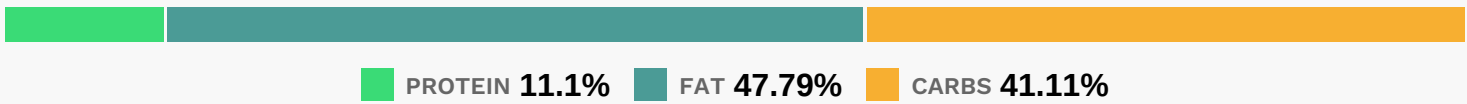
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ skewers

Directions

- ☐ Preheat oven and prep baking dish: Preheat oven to 400°F. Grease a 3-quart baking dish.
- ☐ Make the batter: In a large bowl mix the cornmeal, flour, salt, baking powder and baking soda.
- ☐ In a separate bowl, beat the softened butter and sugar. Beat the sour cream and eggs into the butter sugar mixture.
- ☐ Add the milk and the dry ingredients, a third at a time and alternating wet/dry.
- ☐ Mix in the green chiles, corn, and shredded cheese.
- ☐ Pour mixture into prepared baking dish.
- ☐ Bake at 400°F for 35 minutes, or until top is browned, the center springs back when pressed down, and a skewer inserted into the center comes out clean.
- ☐ Let cool almost completely before serving.

Nutrition Facts



Properties

Glycemic Index:34.63, Glycemic Load:16.15, Inflammation Score:-6, Nutrition Score:10.960869415947%

Nutrients (% of daily need)

Calories: 282.72kcal (14.14%), Fat: 15.34g (23.6%), Saturated Fat: 8.7g (54.4%), Carbohydrates: 29.7g (9.9%), Net Carbohydrates: 27.41g (9.97%), Sugar: 7.84g (8.71%), Cholesterol: 65.95mg (21.98%), Sodium: 576.25mg (25.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.04%), Vitamin C: 37mg (44.85%), Calcium: 195.71mg (19.57%), Phosphorus: 187.65mg (18.77%), Vitamin A: 704.53IU (14.09%), Vitamin B6: 0.28mg (13.99%), Vitamin B2: 0.24mg (13.94%), Selenium: 9.34µg (13.34%), Vitamin B1: 0.18mg (12.02%), Manganese: 0.23mg (11.57%), Folate: 40.82µg (10.21%), Fiber: 2.29g (9.15%), Magnesium: 35.75mg (8.94%), Iron: 1.55mg (8.61%), Zinc: 1.21mg (8.07%), Vitamin B3: 1.55mg (7.74%), Potassium: 260.48mg (7.44%), Vitamin B12: 0.37µg (6.2%), Vitamin B5: 0.52mg (5.23%), Copper: 0.1mg (4.94%), Vitamin D: 0.74µg (4.91%), Vitamin K: 4.73µg (4.5%), Vitamin E: 0.6mg (4.02%)