



Hot and Sweet Cornbread

READY IN



50 min.

SERVINGS



6

CALORIES



181 kcal

Ingredients

- 7.5 ounce just-add-water cornbread mix
- 1 eggs beaten
- 1 jalapeno
- 0.3 cup milk
- 1 cup pineapple fresh peeled cut into 1/2-inch chunks

Equipment

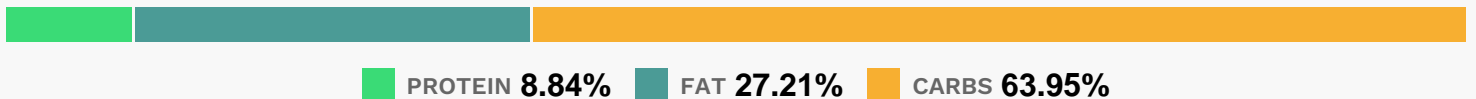
- bowl
- baking sheet
- oven

- mixing bowl
- plastic wrap
- baking pan
- toothpicks
- aluminum foil
- broiler

Directions

- Preheat the oven's broiler and set the oven rack at about 6 inches from the heat source. Line a baking sheet with aluminum foil. Wear gloves to prevent hot pepper oil from contacting skin.
- Cut the pepper in half from top to bottom; remove the stem, seeds, and ribs, then place the pepper cut-side-down onto the prepared baking sheet. Cook under the preheated broiler until the skin of the pepper has blackened and blistered, about 5 minutes.
- Place the blackened pepper into a bowl, and tightly seal with plastic wrap. Allow the pepper to steam as it cools, about 10 minutes. Once cool, remove the skin and discard; chop the pepper.
- Preheat oven to 375 degrees F (190 degrees C). Grease an 8x8-inch baking dish.
- In a mixing bowl, combine the corn bread mix, egg, and milk; stir just to combine. Lightly mix in the pineapple and jalapeno. Scoop batter into the prepared baking dish.
- Bake in the preheated oven until the top is golden brown and a toothpick inserted in the center comes out clean, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:21.44, Glycemic Load:2.16, Inflammation Score:-3, Nutrition Score:6.9099999821704%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 181.17kcal (9.06%), Fat: 5.5g (8.46%), Saturated Fat: 1.58g (9.89%), Carbohydrates: 29.07g (9.69%), Net Carbohydrates: 26.31g (9.57%), Sugar: 10.69g (11.88%), Cholesterol: 29.62mg (9.87%), Sodium: 305.43mg (13.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Phosphorus: 204.3mg (20.43%), Vitamin C: 15.95mg (19.33%), Manganese: 0.37mg (18.57%), Vitamin B1: 0.18mg (12.3%), Fiber: 2.75g (11.01%), Folate: 41.98µg (10.5%), Vitamin B2: 0.16mg (9.36%), Vitamin B3: 1.37mg (6.86%), Selenium: 4.53µg (6.47%), Iron: 1.1mg (6.11%), Vitamin B6: 0.11mg (5.33%), Calcium: 44.83mg (4.48%), Vitamin B5: 0.4mg (3.99%), Magnesium: 14.66mg (3.67%), Copper: 0.07mg (3.34%), Potassium: 106.26mg (3.04%), Vitamin A: 143.42IU (2.87%), Vitamin B12: 0.17µg (2.84%), Zinc: 0.39mg (2.59%), Vitamin K: 2.46µg (2.34%), Vitamin D: 0.3µg (1.97%), Vitamin E: 0.23mg (1.53%)