



Jalapeño and Corn Cornbread

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



192 kcal

BREAD

Ingredients

- 1 teaspoon baking soda
- 1 cup kernel corn whole frozen
- 1 eggs lightly beaten
- 2 egg whites lightly beaten
- 1 cup flour all-purpose
- 1 clove garlic minced
- 0.5 cup green onions sliced
- 3 tablespoons jalapeno minced (3 small peppers)

- 1 cup nonfat buttermilk
- 0.8 teaspoon salt
- 2 tablespoons sugar
- 2 tablespoons vegetable oil
- 1 cup cornmeal yellow

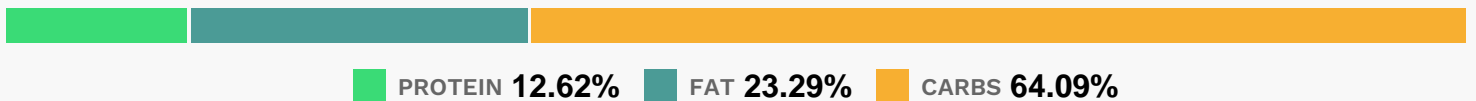
Equipment

- bowl
- frying pan
- oven
- wire rack

Directions

- Combine first 5 ingredients in a large bowl; make a well in center of mixture.
- Combine buttermilk and next 3 ingredients; stir in corn, green onions, jalapeo pepper, and garlic.
- Add to dry ingredients, stirring just until moistened.
- Spoon batter into a 9-inch square pan coated with cooking spray.
- Bake at 375 for 30 to 35 minutes or until done. Cool 5 minutes in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:34.18, Glycemic Load:17.39, Inflammation Score:-3, Nutrition Score:6.6973913415619%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 191.88kcal (9.59%), Fat: 4.95g (7.62%), Saturated Fat: 0.86g (5.39%), Carbohydrates: 30.66g (10.22%), Net Carbohydrates: 28.33g (10.3%), Sugar: 4.69g (5.21%), Cholesterol: 18.71mg (6.24%), Sodium: 386.86mg (16.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.03g (12.07%), Vitamin K: 18.08µg (17.22%), Selenium: 8.72µg (12.46%), Manganese: 0.24mg (11.97%), Vitamin B1: 0.17mg (11.5%), Folate: 43.74µg (10.93%), Vitamin C: 7.68mg (9.31%), Fiber: 2.33g (9.31%), Vitamin B2: 0.15mg (8.7%), Iron: 1.4mg (7.8%), Phosphorus: 76.13mg (7.61%), Vitamin B3: 1.49mg (7.46%), Vitamin B6: 0.15mg (7.37%), Magnesium: 27.06mg (6.77%), Zinc: 0.79mg (5.27%), Copper: 0.08mg (4.06%), Potassium: 137.86mg (3.94%), Vitamin E: 0.58mg (3.88%), Vitamin B5: 0.28mg (2.75%), Vitamin A: 135.72IU (2.71%), Calcium: 15.45mg (1.54%)