

# Jalapeno Bread

 Vegetarian

READY IN



190 min.

SERVINGS



16

CALORIES



83 kcal

## Ingredients

- 1.5 teaspoons yeast dry
- 2 cups bread flour
- 1 tablespoon butter softened
- 0.3 cup cornmeal
- 1 teaspoon cilantro leaves fresh chopped
- 2 tablespoons to 2 chilies slit green chopped
- 1 teaspoon salt
- 1 tablespoon sugar
- 0.5 cup water (70° to 80°)

0.5 cup corn whole

## Equipment

oven

bread machine

## Directions

In bread machine pan, place all ingredients in order suggested by manufacturer. Select basic bread setting. Choose crust color and loaf size if available.

Bake according to bread machine directions (check dough after 5 minutes of mixing; add 1 to 2 tablespoons of water or flour if needed).

## Nutrition Facts



**PROTEIN 11.77%** **FAT 13.71%** **CARBS 74.52%**

## Properties

Glycemic Index:17.97, Glycemic Load:9.31, Inflammation Score:-1, Nutrition Score:2.0186956316719%

## Nutrients (% of daily need)

Calories: 83.21kcal (4.16%), Fat: 1.26g (1.93%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 15.35g (5.12%), Net Carbohydrates: 14.52g (5.28%), Sugar: 0.91g (1.01%), Cholesterol: 1.88mg (0.63%), Sodium: 165.83mg (7.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.85%), Selenium: 6.44µg (9.2%), Manganese: 0.15mg (7.45%), Vitamin B1: 0.06mg (3.68%), Folate: 14.5µg (3.62%), Fiber: 0.83g (3.31%), Phosphorus: 26.6mg (2.66%), Magnesium: 8.22mg (2.06%), Copper: 0.04mg (2.03%), Vitamin B3: 0.39mg (1.96%), Zinc: 0.27mg (1.83%), Vitamin B2: 0.03mg (1.49%), Vitamin B6: 0.03mg (1.49%), Iron: 0.26mg (1.43%), Vitamin B5: 0.13mg (1.29%)