



Jalapeño-Cheddar Corn Bread

 Vegetarian

READY IN



36 min.

SERVINGS



12

CALORIES



164 kcal

BREAD

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 3 tablespoons canola oil
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons pickled jalapeño peppers minced
- ☐ 1 cup buttermilk low-fat
- ☐ 1 teaspoon salt
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat

- ☐ 1 tablespoon sugar
- ☐ 1 cup cornmeal yellow

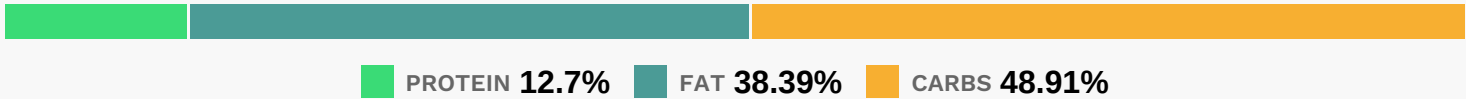
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Preheat oven to 42
- ☐ Place oil in 9-inch cast-iron skillet; place pan in oven for 5 minutes.
- ☐ While pan heats in oven, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, cornmeal, and next 3 ingredients.
- ☐ Combine eggs and buttermilk, stirring with a whisk.
- ☐ Add to flour mixture, stirring just until moist. Stir in jalapeo peppers and cheese.
- ☐ Pour batter into preheated pan.
- ☐ Bake at 425 for 20 to 23 minutes or until golden.
- ☐ Cut into 12 wedges.

Nutrition Facts



Properties

Glycemic Index:30.38, Glycemic Load:12.44, Inflammation Score:-2, Nutrition Score:5.6908695075823%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 163.86kcal (8.19%), Fat: 7.01g (10.78%), Saturated Fat: 1.71g (10.71%), Carbohydrates: 20.08g (6.69%), Net Carbohydrates: 18.49g (6.72%), Sugar: 2.34g (2.6%), Cholesterol: 36.52mg (12.17%), Sodium: 337.61mg (14.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.43%), Selenium: 8.64µg (12.34%), Phosphorus: 112.26mg (11.23%), Calcium: 103.23mg (10.32%), Vitamin B2: 0.16mg (9.14%), Vitamin B1: 0.13mg (8.93%), Manganese: 0.16mg (8.11%), Folate: 30.15µg (7.54%), Fiber: 1.6g (6.39%), Iron: 1.12mg (6.25%), Vitamin E: 0.89mg (5.93%), Vitamin B6: 0.12mg (5.87%), Zinc: 0.85mg (5.68%), Magnesium: 21.5mg (5.38%), Vitamin B3: 0.99mg (4.97%), Vitamin C: 3.16mg (3.84%), Vitamin B5: 0.33mg (3.35%), Vitamin K: 3.17µg (3.02%), Potassium: 105.54mg (3.02%), Copper: 0.06mg (2.91%), Vitamin B12: 0.17µg (2.8%), Vitamin A: 128.69IU (2.57%), Vitamin D: 0.19µg (1.3%)