



## Jalapeño-Corn-Beer Quick Bread

 Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



267 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 1 tablespoon double-acting baking powder
- 12 ounces beer blue such as miller high life or pabst ribbon
- 3 cups flour all-purpose
- 6.5 ounces ears corn fresh frozen thawed
- 1 tablespoon granulated sugar
- 2 ounces jalapeño peppers coarsely chopped
- 1 teaspoon salt fine
- 4 tablespoons butter unsalted melted plus more for coating the pan ()

## Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- loaf pan
- toothpicks
- spatula

## Directions

- Heat the oven to 350°F and arrange a rack in the middle. Generously coat a metal 9-by-5-inch loaf pan with butter; set aside.
- Whisk the flour, baking powder, sugar, and salt together in a large bowl until aerated and any large lumps are broken up; set aside.
- Add the beer, corn, jalapeños, and 3 tablespoons of the melted butter to the flour mixture. Stir until the flour is just incorporated (do not overmix). The batter will be very thick. Using a rubber spatula, scrape the batter into the prepared pan, pushing it into the corners and smoothing the top.
- Drizzle the top with the remaining tablespoon of butter.
- Bake until light golden brown and a toothpick inserted into the center of the bread comes out clean, about 60 to 65 minutes.
- Place the pan on a wire rack to cool for 15 minutes. Run a knife around the perimeter of the bread and turn it out onto the rack.
- Let it cool for at least 30 minutes more before slicing.

## Nutrition Facts



**PROTEIN 9.18%** **FAT 22.77%** **CARBS 68.05%**

## Properties

Glycemic Index:34.7, Glycemic Load:27.92, Inflammation Score:-6, Nutrition Score:9.1008695947087%

## Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 267.39kcal (13.37%), Fat: 6.52g (10.03%), Saturated Fat: 3.75g (23.44%), Carbohydrates: 43.84g (14.61%), Net Carbohydrates: 41.92g (15.24%), Sugar: 3.22g (3.58%), Cholesterol: 15.05mg (5.02%), Sodium: 574.99mg (25%), Alcohol: 1.66g (100%), Alcohol %: 1.61% (100%), Protein: 5.92g (11.83%), Vitamin B1: 0.41mg (27.28%), Folate: 99.21µg (24.8%), Selenium: 16.4µg (23.42%), Manganese: 0.37mg (18.5%), Vitamin B3: 3.42mg (17.12%), Vitamin B2: 0.26mg (15.31%), Iron: 2.61mg (14.48%), Phosphorus: 112.9mg (11.29%), Calcium: 100.84mg (10.08%), Fiber: 1.91g (7.65%), Vitamin A: 338.49IU (6.77%), Magnesium: 23mg (5.75%), Copper: 0.09mg (4.7%), Vitamin B5: 0.43mg (4.25%), Potassium: 139.58mg (3.99%), Vitamin B6: 0.08mg (3.76%), Zinc: 0.47mg (3.13%), Vitamin C: 2.28mg (2.76%), Vitamin E: 0.26mg (1.7%), Vitamin K: 1.61µg (1.54%)