



Jalapeno Corn Bread

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



229 kcal

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons butter
- ☐ 0.8 cup buttermilk
- ☐ 8.3 ounce regular corn cream-style canned
- ☐ 0.5 cup corn oil
- ☐ 3 eggs
- ☐ 2 jalapeño peppers minced
- ☐ 1 teaspoon salt
- ☐ 3 ounces cheddar cheese shredded

☐ 1 cup cornmeal yellow

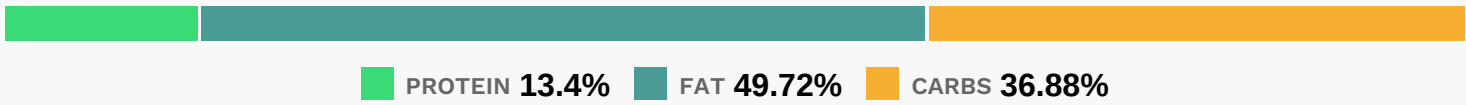
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Move an oven rack to the center position in oven.
- ☐ Mix cream-style corn, cornmeal, buttermilk, corn oil, Cheddar cheese, eggs, jalapeno peppers, salt, and baking soda in a large mixing bowl.
- ☐ Put butter into a 9-inch square baking dish.
- ☐ Melt butter in preheated oven, 2 to 3 minutes.
- ☐ Pour corn bread batter into the baking dish over melted butter.
- ☐ Bake in preheated oven until golden brown, about 35 minutes.

Nutrition Facts



Properties

Glycemic Index:26.06, Glycemic Load:9.1, Inflammation Score:-4, Nutrition Score:7.4578261168107%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 229.15kcal (11.46%), Fat: 12.87g (19.8%), Saturated Fat: 5.24g (32.74%), Carbohydrates: 21.49g (7.16%), Net Carbohydrates: 19.17g (6.97%), Sugar: 2.59g (2.88%), Cholesterol: 82.01mg (27.34%), Sodium: 575.38mg (25.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.81g (15.61%), Phosphorus: 161.86mg (16.19%), Selenium: 10.27µg (14.67%), Vitamin B2: 0.2mg (11.68%), Calcium: 113.79mg (11.38%), Zinc: 1.47mg (9.79%), Vitamin B6: 0.19mg (9.7%), Fiber: 2.32g (9.27%), Magnesium: 33.94mg (8.48%), Manganese: 0.16mg (7.9%), Folate: 31.49µg (7.87%), Vitamin A: 379.58IU (7.59%), Vitamin E: 0.98mg (6.57%), Vitamin C: 5.35mg (6.48%), Vitamin B12: 0.37µg (6.15%), Vitamin B1:

0.09mg (5.9%), Iron: 1.03mg (5.72%), Vitamin B5: 0.57mg (5.68%), Potassium: 174.08mg (4.97%), Vitamin D: 0.69µg (4.58%), Copper: 0.09mg (4.31%), Vitamin B3: 0.86mg (4.28%), Vitamin K: 2.49µg (2.37%)