



Jalapeño Corn Bread

READY IN



45 min.

SERVINGS



6

CALORIES



572 kcal

Ingredients

- ☐ 14 ounce regular corn drained canned
- ☐ 17 ounce corn-bread mix
- ☐ 2 eggs lightly beaten
- ☐ 2 jalapeño peppers minced seeded
- ☐ 0.7 cup milk low-fat
- ☐ 2 cups sharp cheddar shredded

Equipment

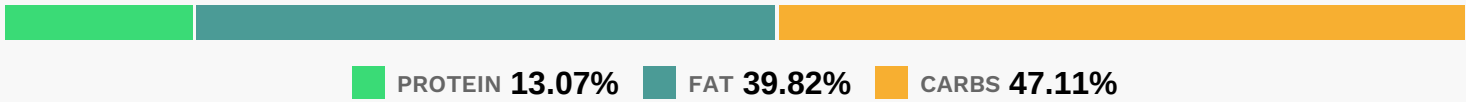
- ☐ frying pan
- ☐ oven

- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Heat oven to 400 F. Lightly coat a 13-by-9-inch baking pan with vegetable cooking spray.
- ☐ Combine the corn-bread mix with the eggs and milk until just moistened. Stir in the cheddar, corn, and jalapeos.
- ☐ Pour into pan and bake 12 to 15 minutes or until the top is golden and springs back when lightly touched. Cool in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.3, Inflammation Score:-6, Nutrition Score:16.815652308257%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 571.99kcal (28.6%), Fat: 25.21g (38.79%), Saturated Fat: 10.47g (65.45%), Carbohydrates: 67.13g (22.38%), Net Carbohydrates: 61.77g (22.46%), Sugar: 18.01g (20.01%), Cholesterol: 95.14mg (31.71%), Sodium: 1041.6mg (45.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.62g (37.24%), Phosphorus: 649.68mg (64.97%), Calcium: 355.22mg (35.52%), Vitamin B2: 0.5mg (29.5%), Selenium: 20.23µg (28.9%), Folate: 110.47µg (27.62%), Vitamin B1: 0.39mg (25.77%), Fiber: 5.35g (21.41%), Vitamin B3: 3.32mg (16.6%), Zinc: 2.33mg (15.56%), Manganese: 0.3mg (15.16%), Iron: 2.48mg (13.79%), Vitamin A: 650.69IU (13.01%), Vitamin B12: 0.76µg (12.7%), Magnesium: 42.33mg (10.58%), Vitamin B6: 0.19mg (9.45%), Vitamin B5: 0.88mg (8.75%), Vitamin C: 6.74mg (8.17%), Potassium: 270.01mg (7.71%), Copper: 0.11mg (5.71%), Vitamin K: 5.85µg (5.57%), Vitamin D: 0.81µg (5.39%), Vitamin E: 0.74mg (4.92%)