



Jalapeno Cornbread



Vegetarian

READY IN



195 min.

SERVINGS



24

CALORIES



48 kcal

Ingredients

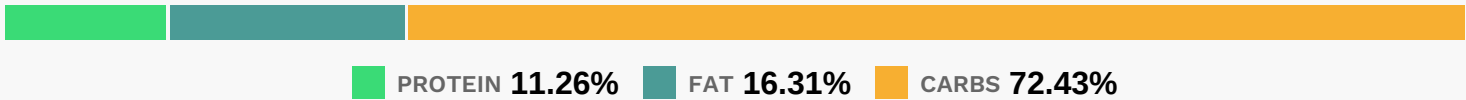
- ☐ 1.5 teaspoons active yeast dry
- ☐ 1.3 cups bread flour
- ☐ 1 tablespoon butter
- ☐ 0.5 cup cornmeal
- ☐ 1 tablespoon jalapeno chopped
- ☐ 1 teaspoon salt
- ☐ 0.5 cup water
- ☐ 1 tablespoon sugar white
- ☐ 0.8 cup kernel corn whole

Equipment

Directions

- ☐
- If your machine has a Fruit setting, add the peppers and whole kernel corn at the signal, or about 5 minutes before the kneading cycle has finished.
- ☐
- Select basic bread setting. Start.

Nutrition Facts



Properties

Glycemic Index:11.98, Glycemic Load:5.06, Inflammation Score:-1, Nutrition Score:1.2921739306463%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 48.18kcal (2.41%), Fat: 0.87g (1.34%), Saturated Fat: 0.36g (2.28%), Carbohydrates: 8.68g (2.89%), Net Carbohydrates: 8.13g (2.96%), Sugar: 0.6g (0.66%), Cholesterol: 1.25mg (0.42%), Sodium: 108.93mg (4.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.7%), Selenium: 2.98µg (4.26%), Manganese: 0.08mg (4.02%), Vitamin B1: 0.04mg (2.52%), Folate: 9.51µg (2.38%), Fiber: 0.55g (2.19%), Phosphorus: 17.65mg (1.77%), Magnesium: 6.06mg (1.51%), Vitamin B6: 0.03mg (1.38%), Vitamin B3: 0.27mg (1.37%), Zinc: 0.19mg (1.28%), Copper: 0.02mg (1.21%)