



Jalapeno Cornbread

 Popular

READY IN



45 min.

SERVINGS



12

CALORIES



165 kcal

BREAD

Ingredients

- ☐ 0.3 cup bacon grease
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 cup buttermilk (or milk)
- ☐ 1 cup cornmeal
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 jalapeño peppers diced seeded finely

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar

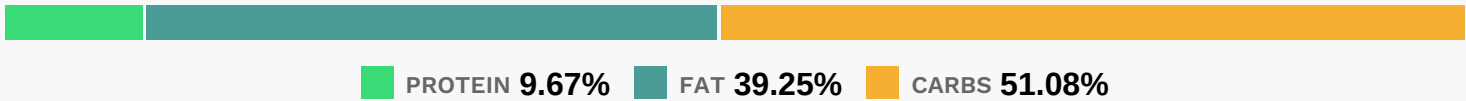
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Mix the buttermilk, oil and eggs.
- ☐ Mix the cornmeal, flour, baking powder, baking soda and salt in a large bowl.
- ☐ Mix the dry ingredients in to the wet and then mix in the jalapeno peppers.
- ☐ Pour the
- ☐ Mixture into a grease 9x5 inch loaf pan and bake in a preheated 375F oven until a toothpick pushed in the center comes out clean, about 30–40 minutes.

Nutrition Facts



Properties

Glycemic Index:30.72, Glycemic Load:13.41, Inflammation Score:-2, Nutrition Score:4.9273912414261%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 164.63kcal (8.23%), Fat: 7.16g (11.02%), Saturated Fat: 2.69g (16.8%), Carbohydrates: 20.97g (6.99%), Net Carbohydrates: 19.37g (7.04%), Sugar: 3.33g (3.7%), Cholesterol: 34.16mg (11.39%), Sodium: 230mg (10%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.94%), Selenium: 7.34µg (10.49%), Vitamin B1: 0.13mg (8.99%), Phosphorus: 87.8mg (8.78%), Manganese: 0.16mg (8.07%), Vitamin B2: 0.13mg (7.87%), Folate: 28.64µg (7.16%), Calcium: 69mg (6.9%), Fiber: 1.59g (6.37%), Iron: 1.1mg (6.08%), Vitamin B6: 0.11mg (5.61%), Vitamin B3: 1mg

(4.98%), Magnesium: 19.88mg (4.97%), Zinc: 0.66mg (4.42%), Vitamin D: 0.53µg (3.53%), Vitamin C: 2.77mg (3.35%), Vitamin B5: 0.32mg (3.2%), Copper: 0.06mg (2.94%), Potassium: 96.91mg (2.77%), Vitamin B12: 0.16µg (2.62%), Vitamin A: 97.75IU (1.96%), Vitamin E: 0.26mg (1.73%)