

BREAD

# Jalapeño Double Corn Bread

6 October 2026

| TOTAL TIME | PREP   | COOK   | SERVES | PER SERVING | CALORIES |
|------------|--------|--------|--------|-------------|----------|
| 33 min     | 10 min | 23 min | 12     | \$0.22      | 147 kcal |

If you want to add more lacto ovo vegetarian recipes to your repertoire, Jalapeño Double Corn Bread might be a recipe you should try. One portion of this dish contains around 4g of protein, 4g of fat, and a total of 147 calories. For 22 cents per serving, you get a bread that serves 12.

## Ingredients

- ☐ 2 teaspoons baking powder
- ☐ 2 tablespoons butter, melted
- ☐ 2 large eggs, beaten
- ☐ 2 jalapeño peppers, seeded and finely chopped
- ☐ ¾ teaspoon salt
- ☐ 1 cup yellow cornmeal
- ☐ 1 teaspoon baking soda
- ☐ 1 cup frozen whole-kernel corn, thawed
- ☐ 1 cup all-purpose flour
- ☐ 1 cup low-fat buttermilk (1%)
- ☐ 3 tablespoons sugar

EQUIPMENT Bowl, Oven, Knife, Baking pan, Measuring cup

## Method

- 1

Preheat oven to 40
- 2

Lightly spoon flour into a dry measuring cup; level with a knife.
- 3

Combine flour and next 5 ingredients in a bowl.
- 4

Combine buttermilk, butter, and eggs. Stir into flour mixture. Fold in corn and pepper.

- 5 Spread into a 9-inch square baking pan coated with cooking spray.
- 6 Bake at 400 for 23 minutes or until golden brown.

Nutrition per serving

| 147           | 4 g     | 4 g | 24 g                         |
|---------------|---------|-----|------------------------------|
| KCAL          | PROTEIN | FAT | CARBS                        |
| Saturated Fat |         |     | 1.8 g · 11% of daily needs   |
| Fibre         |         |     | 1.9 g · 7% of daily needs    |
| Sugar         |         |     | 4.9 g · 5% of daily needs    |
| Sodium        |         |     | 393 mg · 17% of daily needs  |
| Cholesterol   |         |     | 36.8 mg · 12% of daily needs |
| Vitamin C     |         |     | 3.2 mg · 4% of daily needs   |

Adapted from My Recipes. Find this recipe, ratings and more ideas at [whatsheate.com/jalapeno-double-corn-bread-148323](https://whatsheate.com/jalapeno-double-corn-bread-148323)