



Jalapeno Green Onion Ale Corn Bread

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



301 kcal

BREAD

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup beer ale- or pilsner-style (brown)
- ☐ 0.5 cup butter melted
- ☐ 0.5 cup buttermilk
- ☐ 1 cup cornmeal
- ☐ 2 eggs beaten
- ☐ 1 cup flour all-purpose

- ☐ 4 green onions chopped
- ☐ 1 jalapeno fresh chopped
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar white

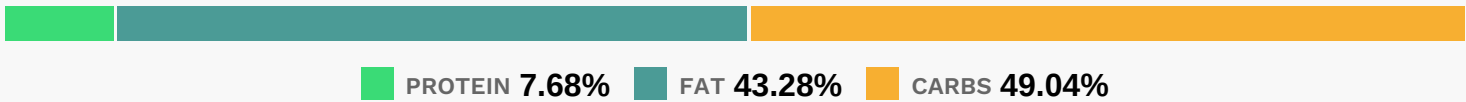
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease a loaf pan.
- ☐ Whisk cornmeal, flour, baking powder, baking soda, and salt in a large bowl.
- ☐ Mix buttermilk, beer, and melted butter in a separate bowl; gradually stir into the cornmeal mixture to incorporate into a batter.
- ☐ Add eggs and sugar to the batter; stir. Fold green onions and jalapeno pepper through the batter; pour into prepared loaf pan.
- ☐ Bake in the preheated oven until a knife inserted into the center comes out clean, 30 to 35 minutes. Cool in the pan for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:61.39, Glycemic Load:23.77, Inflammation Score:-5, Nutrition Score:7.9226087279942%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 301.07kcal (15.05%), Fat: 14.41g (22.18%), Saturated Fat: 8.16g (50.98%), Carbohydrates: 36.75g (12.25%), Net Carbohydrates: 34.25g (12.46%), Sugar: 9.66g (10.74%), Cholesterol: 73.07mg (24.36%), Sodium: 605.87mg (26.34%), Alcohol: 0.58g (100%), Alcohol %: 0.67% (100%), Protein: 5.75g (11.51%), Selenium: 10.75µg (15.35%), Vitamin B1: 0.2mg (13.28%), Vitamin K: 13.9µg (13.24%), Manganese: 0.25mg (12.56%), Folate: 46.89µg (11.72%), Phosphorus: 115.22mg (11.52%), Vitamin B2: 0.19mg (11.05%), Vitamin A: 517.38IU (10.35%), Fiber: 2.5g (9.98%), Iron: 1.68mg (9.32%), Vitamin B6: 0.17mg (8.32%), Vitamin B3: 1.57mg (7.85%), Magnesium: 30.3mg (7.57%), Calcium: 65.11mg (6.51%), Zinc: 0.97mg (6.44%), Copper: 0.09mg (4.48%), Vitamin B5: 0.44mg (4.44%), Vitamin E: 0.63mg (4.22%), Potassium: 144.76mg (4.14%), Vitamin C: 3.2mg (3.88%), Vitamin B12: 0.19µg (3.23%), Vitamin D: 0.41µg (2.77%)