



Maple Corn Bread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



191 kcal

BREAD

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 5 tablespoons butter melted
- ☐ 1.5 cups flour all-purpose
- ☐ 1 jalapeno finely chopped
- ☐ 0.3 cup maple syrup
- ☐ 0.8 cup i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- ☐ 1 teaspoon sea salt fine
- ☐ 1 teaspoon vegetable oil

- ☐ 1.5 cups water
- ☐ 0.8 cup cornmeal yellow

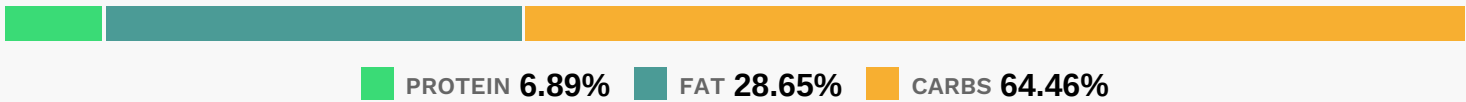
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Coat a 9-inch cast-iron skillet with oil.
- ☐ Place in oven for 10 minutes.
- ☐ Lightly spoon flour and masa harina into dry measuring cups; level with a knife.
- ☐ Combine flour, masa harina, cornmeal, baking powder, and salt in a large bowl, stirring well with a whisk.
- ☐ Combine water and remaining ingredients in a small bowl, stirring with a whisk.
- ☐ Add water mixture to flour mixture, stirring until moist. Spoon batter into preheated pan.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Remove corn bread from pan; cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:15.42, Inflammation Score:-3, Nutrition Score:6.4556521663199%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 191.2kcal (9.56%), Fat: 6.12g (9.42%), Saturated Fat: 3.22g (20.14%), Carbohydrates: 30.99g (10.33%), Net Carbohydrates: 29.14g (10.6%), Sugar: 5.61g (6.23%), Cholesterol: 12.54mg (4.18%), Sodium: 340.68mg (14.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.63%), Manganese: 0.41mg (20.48%), Vitamin B1: 0.26mg (17.61%), Vitamin B2: 0.26mg (15.3%), Folate: 47.35µg (11.84%), Selenium: 6.96µg (9.94%), Vitamin B3: 1.9mg (9.5%), Iron: 1.68mg (9.34%), Calcium: 83.69mg (8.37%), Phosphorus: 78.1mg (7.81%), Fiber: 1.85g (7.39%), Magnesium: 23.44mg (5.86%), Vitamin B6: 0.1mg (5.22%), Zinc: 0.62mg (4.12%), Vitamin A: 173.6IU (3.47%), Copper: 0.06mg (3.24%), Potassium: 92.11mg (2.63%), Vitamin E: 0.25mg (1.69%), Vitamin C: 1.38mg (1.68%), Vitamin B5: 0.15mg (1.51%), Vitamin K: 1.38µg (1.31%)