



Mexican Cornbread

 Vegetarian

READY IN



35 min.

SERVINGS



6

CALORIES



338 kcal

BREAD

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose sifted
- ☐ 2 tablespoons jalapeños chopped to taste
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup vegetable oil

- ☐ 1 cup milk whole
- ☐ 1 cup cornmeal yellow

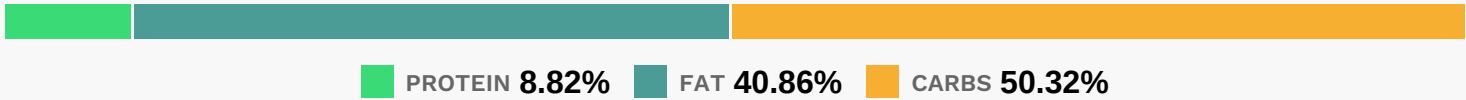
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 425 degrees F.
- ☐ Grease an 8-inch square pan, cast iron skillet, or cornbread mold. In a medium bowl, combine cornmeal, flour, sugar, baking powder, and salt. To dry mixture, add egg, milk, sour cream, oil, and jalapenos and mix until smooth.
- ☐ Pour into prepared pan.
- ☐ Bake for 20 to 25 minutes, or until golden.

Nutrition Facts



Properties

Glycemic Index:62.6, Glycemic Load:27.28, Inflammation Score:-4, Nutrition Score:11.030434753584%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 337.77kcal (16.89%), Fat: 15.45g (23.77%), Saturated Fat: 4.01g (25.04%), Carbohydrates: 42.81g (14.27%), Net Carbohydrates: 39.62g (14.41%), Sugar: 7.09g (7.88%), Cholesterol: 43.42mg (14.47%), Sodium: 509.37mg (22.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.5g (15.01%), Calcium: 229.76mg (22.98%), Phosphorus: 209.14mg (20.91%), Vitamin B1: 0.27mg (18.25%), Selenium: 12.51µg (17.87%), Vitamin K: 18.08µg (17.22%), Manganese: 0.32mg (16.16%), Vitamin B2: 0.25mg (14.56%), Folate: 53.17µg (13.29%), Fiber: 3.2g (12.8%), Iron: 2.23mg (12.36%), Vitamin B6: 0.23mg (11.53%), Magnesium: 41.57mg (10.39%), Vitamin B3: 2.01mg (10.05%), Zinc: 1.29mg (8.61%), Vitamin E: 1.19mg (7.93%), Vitamin C: 6.05mg (7.33%), Potassium: 209.15mg (5.98%), Vitamin

B5: 0.59mg (5.87%), Vitamin B12: 0.32µg (5.34%), Copper: 0.11mg (5.29%), Vitamin A: 244.39IU (4.89%), Vitamin D: 0.61µg (4.09%)