



Mexican Cornbread

READY IN



20 min.

SERVINGS



20

CALORIES



16 kcal

BREAD

Ingredients

- ☐ 0.1 teaspoon baking soda
- ☐ 2 tablespoons egg substitute frozen thawed
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 Dash garlic powder
- ☐ 1 tablespoon green onions minced
- ☐ 1 teaspoon jalapeno minced seeded
- ☐ 0.5 ounce cheddar cheese shredded reduced-fat
- ☐ 0.3 cup no-salt-added corn cream-style
- ☐ 2 tablespoons nonfat buttermilk

- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 0.3 cup cornmeal yellow

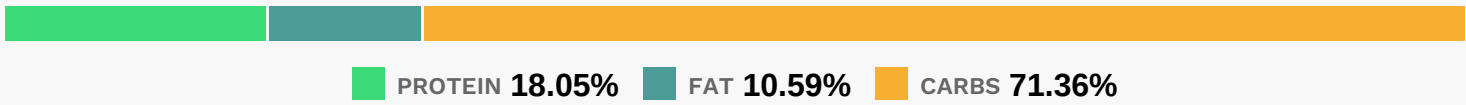
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Combine first 6 ingredients in a medium bowl; make a well in center of mixture.
- ☐ Combine corn, buttermilk, and egg substitute; add to dry ingredients, stirring just until dry ingredients are moistened. Fold in cheese, green onions, and jalapeno pepper.
- ☐ Coat 2 (4- x 2 1/2- x 1 1/4-inch) loafpans with cooking spray; place in oven for 3 minutes or until hot.
- ☐ Remove from oven; spoon batter into pans.
- ☐ Bake at 425 for 20 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:1.36, Inflammation Score:-1, Nutrition Score:0.68782608016678%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 15.79kcal (0.79%), Fat: 0.19g (0.29%), Saturated Fat: 0.06g (0.34%), Carbohydrates: 2.87g (0.96%), Net Carbohydrates: 2.61g (0.95%), Sugar: 0.36g (0.4%), Cholesterol: 0.18mg (0.06%), Sodium: 38.76mg (1.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.45%), Selenium: 1.15µg (1.65%), Phosphorus: 11.69mg (1.17%), Manganese: 0.02mg (1.05%), Fiber: 0.26g (1.04%), Folate: 4.02µg (1.01%)