

Mexican Style Cornbread

READY IN



50 min.

SERVINGS



8

CALORIES



317 kcal

BREAD

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup buttermilk
- 8 ounce corn cream-style canned
- 0.3 cup corn oil
- 1 cup cornmeal
- 2 eggs
- 0.5 cup flour all-purpose
- 2 jalapeno fresh minced seeded

- 1 large onion chopped
- 0.5 teaspoon salt
- 1.5 cups cheddar cheese shredded

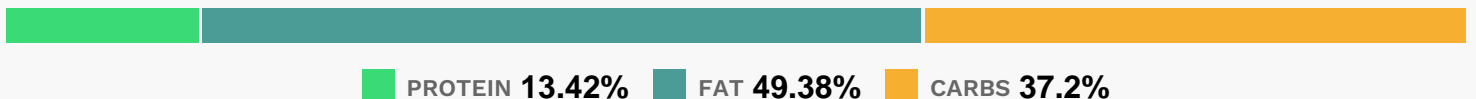
Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease an 8 inch square baking dish or a cast iron skillet.
- In a small bowl, beat eggs.
- Mix in corn oil and buttermilk. Stir in 1 cup shredded cheese, creamed corn, onion, and jalapenos.
- In a large bowl, whisk together cornmeal, flour, baking powder, soda, and salt. Stir the egg mixture into the dry ingredients.
- Mix well.
- Pour batter into prepared pan.
- Sprinkle remaining 1/2 cup cheese on top.
- Bake for 30 to 35 minutes until center is set and top is golden brown.

Nutrition Facts



Properties

Glycemic Index:44.06, Glycemic Load:14.23, Inflammation Score:-5, Nutrition Score:10.514782636062%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 316.87kcal (15.84%), Fat: 17.64g (27.14%), Saturated Fat: 5.79g (36.21%), Carbohydrates: 29.9g (9.97%), Net Carbohydrates: 27.06g (9.84%), Sugar: 3.76g (4.18%), Cholesterol: 65.41mg (21.8%), Sodium: 581.23mg (25.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.78g (21.56%), Calcium: 257.25mg (25.73%), Phosphorus: 240.19mg (24.02%), Selenium: 14.55µg (20.78%), Vitamin B2: 0.27mg (16.17%), Zinc: 1.89mg (12.61%), Folate: 48.87µg (12.22%), Manganese: 0.23mg (11.72%), Fiber: 2.84g (11.35%), Vitamin B6: 0.22mg (10.99%), Vitamin B1: 0.16mg (10.83%), Vitamin E: 1.56mg (10.41%), Magnesium: 40.52mg (10.13%), Vitamin C: 6.7mg (8.12%), Iron: 1.46mg (8.11%), Vitamin B12: 0.46µg (7.67%), Vitamin A: 380.28IU (7.61%), Vitamin B3: 1.34mg (6.69%), Potassium: 218.62mg (6.25%), Vitamin B5: 0.61mg (6.08%), Copper: 0.11mg (5.28%), Vitamin D: 0.74µg (4.91%), Vitamin K: 4.37µg (4.16%)