



One Bowl Jalapeno Cheddar Cornbread

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



527 kcal

BREAD

Ingredients

- 0.5 cup butter unsalted
- 0.7 cup granulated sugar white
- 2 eggs
- 1 cup buttermilk
- 0.5 teaspoon baking soda
- 1 cup cornmeal
- 1 cup flour all-purpose
- 0.5 teaspoon salt

- 1 cup cheddar cheese shredded
- 4 oz jalapeño peppers diced drained canned
- 1 jalapeno thinly sliced

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- loaf pan
- microwave

Directions

- Start by melting a stick of butter in a microwave safe bowl. Microwave the butter for 30 second intervals until the butter has completely melted.
- Then whisk in some granulated sugar.
- Next, whisk in two eggs.
- Now you're going to mix together some buttermilk and baking soda and pour this into the mixture. Stir until well combined.
- Lastly, pour in cornmeal, flour, salt, shredded cheddar cheese, and canned diced jalapenos! Make sure you mix this until the mixture is *just* combined. Don't over mix, or you'll end up with tough bread!
- Preheat your oven to 375 degrees F and prepare a pan with cooking spray. I used a mini loaf pan very similar to this mini loaf pan, but an 8 x 8 pan would work, too! Although, the cooking time may vary. Spoon the batter into the prepared pan and top the batter with thinly sliced fresh jalapenos.
- Bake for about 25 to 35 minutes – again, the cooking time may vary depending on the size of your pan.
- Remove from the oven, and let the loaves cool in the pan for a few minutes.
- Remove from the pan and let set on a cooling rack until you're ready to serve!

Nutrition Facts

PROTEIN 9.49% FAT 44.75% CARBS 45.76%

Properties

Glycemic Index:50.6, Glycemic Load:39.3, Inflammation Score:-7, Nutrition Score:13.247826086957%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 527.17kcal (26.36%), Fat: 26.49g (40.75%), Saturated Fat: 14.88g (93.01%), Carbohydrates: 60.93g (20.31%), Net Carbohydrates: 57.32g (20.84%), Sugar: 25.23g (28.03%), Cholesterol: 118.46mg (39.49%), Sodium: 790.65mg (34.38%), Protein: 12.64g (25.28%), Selenium: 20.37µg (29.11%), Phosphorus: 239.97mg (24%), Vitamin A: 1153.09IU (23.06%), Vitamin B2: 0.37mg (21.52%), Calcium: 201.59mg (20.16%), Vitamin B1: 0.28mg (18.88%), Manganese: 0.35mg (17.27%), Folate: 63.83µg (15.96%), Fiber: 3.61g (14.44%), Zinc: 2.09mg (13.91%), Iron: 2.44mg (13.53%), Vitamin B6: 0.26mg (13.2%), Magnesium: 47.35mg (11.84%), Vitamin B3: 2.06mg (10.28%), Vitamin B12: 0.55µg (9.11%), Vitamin B5: 0.81mg (8.1%), Vitamin D: 1.21µg (8.07%), Copper: 0.15mg (7.72%), Vitamin E: 1.09mg (7.24%), Potassium: 243.65mg (6.96%), Vitamin C: 4.66mg (5.65%), Vitamin K: 4.93µg (4.69%)