



Pan-Roasted Corn-and-Cumin Corn Bread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



185 kcal

BREAD

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 1 cup whole-kernel corn frozen thawed
- 1 large eggs
- 0.8 cup flour all-purpose
- 1 teaspoon ground cumin
- 1 cup buttermilk low-fat
- 0.5 teaspoon salt

- 2 tablespoons vegetable oil divided
- 1 cup cornmeal yellow

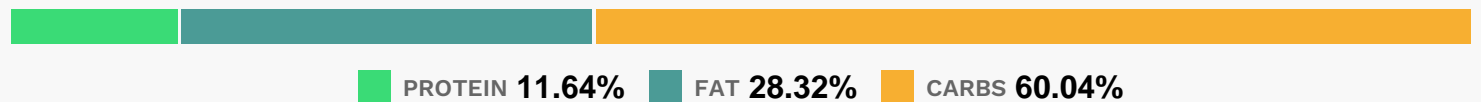
Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Preheat oven to 40
- Place an 8-inch cast-iron skillet or ovenproof heavy skillet coated with cooking spray over medium heat until hot.
- Add corn and cumin; saut 3 minutes or until lightly browned.
- Place corn mixture in a large bowl; set aside. Coat skillet with 2 teaspoons oil.
- Place in a 400 oven for 10 minutes or until hot.
- Add cornmeal and next 4 ingredients (cornmeal through salt) to corn mixture.
- Combine 4 teaspoons oil, buttermilk, and egg in a bowl; add to cornmeal mixture, stirring just until moist. Spoon into preheated skillet.
- Bake at 400 for 40 minutes or until a toothpick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:30.06, Glycemic Load:15.31, Inflammation Score:-3, Nutrition Score:6.58478267555655

Nutrients (% of daily need)

Calories: 185.04kcal (9.25%), Fat: 5.9g (9.08%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 28.16g (9.39%), Net Carbohydrates: 25.54g (9.29%), Sugar: 2.72g (3.02%), Cholesterol: 24.45mg (8.15%), Sodium: 355.79mg (15.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.93%), Phosphorus: 123.56mg (12.36%), Manganese:

0.24mg (12.09%), Vitamin B1: 0.17mg (11.56%), Selenium: 7.82µg (11.17%), Fiber: 2.62g (10.49%), Folate: 40.25µg (10.06%), Vitamin B2: 0.17mg (10.01%), Calcium: 88.35mg (8.84%), Iron: 1.57mg (8.71%), Magnesium: 31.68mg (7.92%), Vitamin B6: 0.15mg (7.6%), Vitamin B3: 1.42mg (7.11%), Zinc: 0.98mg (6.55%), Vitamin K: 6.39µg (6.09%), Potassium: 162.17mg (4.63%), Vitamin B5: 0.42mg (4.21%), Copper: 0.08mg (4.09%), Vitamin E: 0.47mg (3.11%), Vitamin B12: 0.12µg (2.03%), Vitamin A: 60.25IU (1.21%)