

Peppered Corn Bread

READY IN



45 min.

SERVINGS



16

CALORIES



167 kcal

BREAD

Ingredients

- 2.3 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup buttermilk
- 8.3 ounces corn cream-style canned
- 1.5 cups cornmeal
- 2 eggs lightly beaten
- 1 tablespoon flour all-purpose
- 4 spring onion chopped
- 2 jalapeno diced seeded

- 1 medium bell pepper sweet red chopped
- 0.8 teaspoon salt
- 8 ounces cheddar cheese shredded
- 1 tablespoon sugar
- 0.7 cup vegetable oil

Equipment

- bowl
- oven
- baking pan
- toothpicks

Directions

- In a large bowl, combine the cornmeal, flour, sugar, baking powder, salt and baking soda; set aside. In a small bowl, combine the eggs, corn, buttermilk and oil; stir into the dry ingredients just until blended. Fold in the cheese, peppers and onions.
- Pour into a greased 13-in. x 9-in. baking dish.
- Bake at 350° for 30–35 minutes or until a toothpick near the center comes out clean.
- Cut into squares; serve warm.

Nutrition Facts



PROTEIN 15.04% **FAT 45.72%** **CARBS 39.24%**

Properties

Glycemic Index:28.72, Glycemic Load:7.89, Inflammation Score:-5, Nutrition Score:7.0134782376497%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 167.12kcal (8.36%), Fat: 8.64g (13.28%), Saturated Fat: 3.63g (22.68%), Carbohydrates: 16.67g (5.56%),
Net Carbohydrates: 14.8g (5.38%), Sugar: 2.71g (3.01%), Cholesterol: 36.28mg (12.09%), Sodium: 358.69mg (15.6%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.39g (12.79%), Calcium: 157.97mg (15.8%), Vitamin C: 12.76mg
(15.47%), Phosphorus: 145.88mg (14.59%), Selenium: 7.41µg (10.58%), Vitamin K: 10.67µg (10.16%), Vitamin A:
488.94IU (9.78%), Vitamin B2: 0.15mg (8.67%), Zinc: 1.22mg (8.16%), Vitamin B6: 0.15mg (7.63%), Fiber: 1.87g
(7.49%), Magnesium: 26.43mg (6.61%), Manganese: 0.13mg (6.37%), Folate: 24.34µg (6.08%), Vitamin B1: 0.07mg
(4.78%), Vitamin B12: 0.27µg (4.47%), Iron: 0.79mg (4.39%), Vitamin E: 0.59mg (3.9%), Potassium: 135.31mg (3.87%),
Vitamin B5: 0.35mg (3.48%), Vitamin B3: 0.67mg (3.36%), Copper: 0.06mg (3.07%), Vitamin D: 0.39µg (2.6%)