



Red Pepper Cornbread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



319 kcal

BREAD

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter melted
- ☐ 1 tablespoon butter
- ☐ 1.5 cups buttermilk
- ☐ 2 cups cornmeal
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose

- ☐ 0.5 cup onion chopped
- ☐ 1 large roasted peppers red chopped
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup shallots minced
- ☐ 1 tablespoon sugar
- ☐ 6 ounces cheddar cheese shredded white

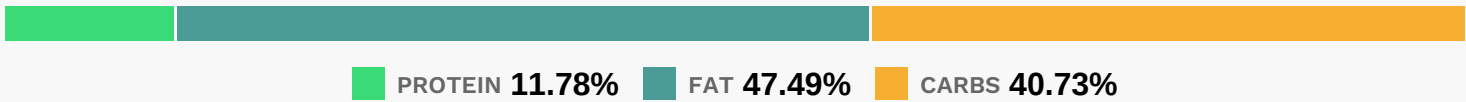
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Melt 1 tablespoon butter in a skillet over medium-high heat.
- ☐ Add onion and shallots; saute 5 minutes or until tender. Cool and set aside.
- ☐ Combine cornmeal and next 5 ingredients in a bowl. Set aside.
- ☐ Whisk together 1/2 cup butter, buttermilk, and eggs in a separate bowl. Stir in onion mixture, cheese, and roasted pepper.
- ☐ Add cheese mixture to cornmeal mixture, stirring just until dry ingredients are moistened.
- ☐ Pour into a greased 13- x 9-inch pan.
- ☐ Bake at 400 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:43.38, Glycemic Load:19.15, Inflammation Score:-5, Nutrition Score:9.4160871039266%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 318.55kcal (15.93%), Fat: 16.91g (26.02%), Saturated Fat: 9.31g (58.2%), Carbohydrates: 32.63g (10.88%), Net Carbohydrates: 29.39g (10.69%), Sugar: 4.05g (4.5%), Cholesterol: 71.32mg (23.77%), Sodium: 475.57mg (20.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.44g (18.87%), Phosphorus: 196.11mg (19.61%), Selenium: 13.08µg (18.68%), Calcium: 171.22mg (17.12%), Manganese: 0.29mg (14.43%), Vitamin B2: 0.24mg (13.93%), Fiber: 3.24g (12.95%), Vitamin B1: 0.19mg (12.87%), Vitamin B6: 0.24mg (12.17%), Zinc: 1.7mg (11.35%), Folate: 41.9µg (10.47%), Magnesium: 41.86mg (10.46%), Vitamin A: 518.61IU (10.37%), Iron: 1.65mg (9.17%), Vitamin B3: 1.36mg (6.8%), Vitamin B12: 0.38µg (6.34%), Potassium: 209.22mg (5.98%), Copper: 0.11mg (5.64%), Vitamin B5: 0.55mg (5.53%), Vitamin D: 0.64µg (4.28%), Vitamin E: 0.57mg (3.81%), Vitamin C: 2.72mg (3.29%), Vitamin K: 1.39µg (1.32%)