



## Roasted Chile Cornbread

 Vegetarian

READY IN



80 min.

SERVINGS



10

CALORIES



399 kcal

BREAD

### Ingredients

- ☐ 0.8 pound anaheim chiles
- ☐ 5 teaspoons double-acting baking powder
- ☐ 0.5 cup butter melted
- ☐ 2 cups buttermilk
- ☐ 1 cup petite corn frozen thawed
- ☐ 2 cups cornmeal stone-ground
- ☐ 4 large eggs
- ☐ 2 cups flour

- ☐ 0.5 cup green onions thinly sliced
- ☐ 1.5 teaspoons salt
- ☐ 0.3 cup sugar

## Equipment


- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ toothpicks
- ☐ aluminum foil
- ☐ broiler

## Directions

- ☐ Preheat broiler. Put chiles on a baking sheet and broil 4 in. from heat until blackened all over, turning as needed, about 15 minutes.
- ☐ Let chiles cool, then remove and discard stems, seeds, and skins. Coarsely chop chiles and set aside. Preheat oven to 40
- ☐ Stir together flour, cornmeal, sugar, baking powder, and salt in a large bowl. In another bowl, beat eggs, buttermilk, and butter to blend.
- ☐ Pour egg mixture into flour mixture; add chiles, corn, and onions; and stir just until blended.
- ☐ Spread in a buttered 9- by 13-in. baking dish.
- ☐ Bake until a toothpick inserted in center comes out clean, 25 to 30 minutes.
- ☐ Let cool at least 20 minutes.
- ☐ Serve warm or cool, cut into pieces.
- ☐ \*Buy in a grocery store or natural-food store.
- ☐ Make ahead: Up to 1 day. Wrap in foil and reheat in a 350 oven about 10 minutes (set bread on top of something if oven is full).

## Nutrition Facts



 PROTEIN **10.43%**  FAT **33.72%**  CARBS **55.85%**

Properties

Glycemic Index:47.41, Glycemic Load:34.02, Inflammation Score:-6, Nutrition Score:13.623913163724%

Flavonoids

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 398.73kcal (19.94%), Fat: 15.07g (23.18%), Saturated Fat: 7.77g (48.59%), Carbohydrates: 56.15g (18.72%), Net Carbohydrates: 50.86g (18.5%), Sugar: 9.93g (11.03%), Cholesterol: 104.08mg (34.69%), Sodium: 828.66mg (36.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.49g (20.98%), Selenium: 18.51µg (26.44%), Phosphorus: 239.2mg (23.92%), Vitamin B1: 0.34mg (22.66%), Fiber: 5.29g (21.16%), Manganese: 0.42mg (20.84%), Vitamin B2: 0.34mg (20.27%), Calcium: 196.63mg (19.66%), Folate: 75.44µg (18.86%), Iron: 2.85mg (15.81%), Vitamin B6: 0.27mg (13.73%), Magnesium: 52.51mg (13.13%), Vitamin B3: 2.61mg (13.05%), Zinc: 1.73mg (11.52%), Vitamin A: 561.19IU (11.22%), Vitamin K: 11.55µg (11%), Vitamin B5: 0.93mg (9.26%), Potassium: 272.21mg (7.78%), Copper: 0.15mg (7.59%), Vitamin C: 5.87mg (7.11%), Vitamin B12: 0.42µg (6.97%), Vitamin D: 1.02µg (6.83%), Vitamin E: 0.68mg (4.54%)