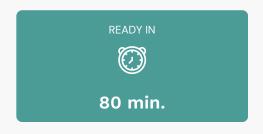
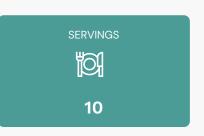


# **Roasted Chile Cornbread**

**Vegetarian** 







BREAD

## Ingredients

2 cups flour

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

	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**

### **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 %: O% (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%)