



WHATSheATe



Skillet Corn Bread with Roasted Poblano and Oregano



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



401 kcal

Ingredients

- ☐ 1.5 cups flour
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 3 large eggs
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon oregano fresh minced
- ☐ 3.5 ounces poblano pepper
- ☐ 1.5 teaspoons salt

- ☐ 0.3 cup cream sour
- ☐ 0.5 cup sugar
- ☐ 0.3 cup butter unsalted ()
- ☐ 1 cup milk whole
- ☐ 2 cups cornmeal yellow

Equipment

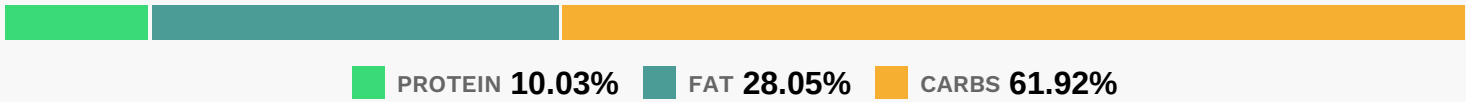
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ broiler
- ☐ spatula

Directions

- ☐ Char poblano chile over open flame or in broiler until blackened on all sides. Enclose in paper bag 15 minutes. Peel, seed, and finely chop chile.
- ☐ Preheat oven to 350°F.
- ☐ Whisk cornmeal, flour, sugar, salt, baking powder, baking soda, and black pepper in large bowl to blend.
- ☐ Whisk eggs, milk, and sour cream in medium bowl to blend.
- ☐ Mix in poblano chile and oregano.
- ☐ Add egg mixture to dry ingredients and fold in with rubber spatula; do not overmix.
- ☐ Melt butter in 10-inch-diameter ovenproof skillet with 2-inch-high sides over medium heat, swirling to coat bottom and sides of skillet.
- ☐ Remove from heat.
- ☐ Spread batter evenly in skillet.
- ☐ Bake until corn bread is golden brown around edges and tester inserted into center comes out clean, about 30 minutes. Cool bread 15 minutes in skillet. (Can be made 6 hours ahead. Cool completely in skillet. Rewarm in 350°F oven 15 minutes.)

Cut bread into wedges and serve warm from skillet.

Nutrition Facts



Properties

Glycemic Index:48.82, Glycemic Load:39.68, Inflammation Score:-8, Nutrition Score:12.806956602179%

Flavonoids

Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 400.84kcal (20.04%), Fat: 12.56g (19.33%), Saturated Fat: 5.99g (37.45%), Carbohydrates: 62.39g (20.8%), Net Carbohydrates: 57.53g (20.92%), Sugar: 15.27g (16.96%), Cholesterol: 92.9mg (30.97%), Sodium: 669.78mg (29.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.1g (20.21%), Selenium: 17.11µg (24.45%), Manganese: 0.48mg (23.91%), Vitamin B1: 0.34mg (22.52%), Phosphorus: 204.3mg (20.43%), Fiber: 4.86g (19.45%), Vitamin B2: 0.3mg (17.9%), Folate: 68.59µg (17.15%), Vitamin B6: 0.33mg (16.65%), Iron: 2.95mg (16.41%), Magnesium: 57.64mg (14.41%), Vitamin B3: 2.51mg (12.55%), Zinc: 1.83mg (12.2%), Vitamin C: 10.05mg (12.18%), Calcium: 104.15mg (10.42%), Vitamin A: 429.57IU (8.59%), Copper: 0.16mg (8.02%), Vitamin B5: 0.79mg (7.91%), Potassium: 266.24mg (7.61%), Vitamin B12: 0.36µg (5.98%), Vitamin K: 5.81µg (5.53%), Vitamin D: 0.82µg (5.45%), Vitamin E: 0.73mg (4.84%)