



Smoky Chile Cornbread

READY IN



45 min.

SERVINGS



8

CALORIES



343 kcal

BREAD

Ingredients

- ☐ 4 strips bacon chopped
- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 1 chipotle chile canned minced stemmed seeded drained
- ☐ 4 eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons chives fresh finely chopped
- ☐ 2 cups milk
- ☐ 2 teaspoons salt

- ☐ 2 tablespoons sugar
- ☐ 2 cups cornmeal white yellow

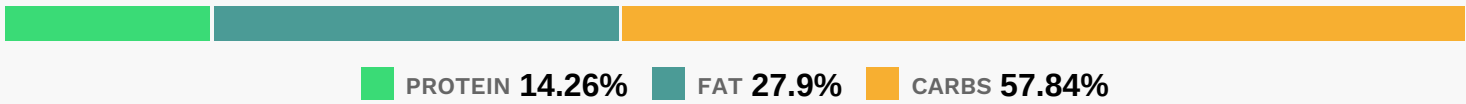
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ slotted spoon

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Put the bacon into a cold 10-inch cast iron pan and cook over medium heat until the fat is rendered and the bacon bits are crisp, 5 to 7 minutes. Use a slotted spoon to remove the bacon to a paper towel lined plate. Keep the bacon fat in the pan and set aside.
- ☐ In a large bowl, whisk together the cornmeal, flour, baking powder, sugar, baking soda, and salt. In a separate bowl beat the eggs with a whisk until foamy; whisk in the milk.
- ☐ Add the milk mixture to the dry ingredients and stir just until combined. Fold in the bacon bits, chile, and chives.
- ☐ Pour the batter into the cast iron pan.
- ☐ Bake until a toothpick inserted in the center comes out clean, about 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:40.01, Glycemic Load:12.06, Inflammation Score:-5, Nutrition Score:12.750869408898%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 342.57kcal (17.13%), Fat: 10.58g (16.28%), Saturated Fat: 3.65g (22.81%), Carbohydrates: 49.34g (16.45%), Net Carbohydrates: 44.58g (16.21%), Sugar: 6.77g (7.52%), Cholesterol: 96.42mg (32.14%), Sodium: 1090.18mg (47.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.17g (24.34%), Phosphorus: 271.53mg (27.15%), Selenium: 15.45µg (22.07%), Vitamin B1: 0.32mg (21.32%), Vitamin B2: 0.33mg (19.22%), Fiber: 4.76g (19.06%), Manganese: 0.38mg (18.88%), Vitamin B6: 0.34mg (17.18%), Vitamin B5: 1.69mg (16.86%), Magnesium: 65mg (16.25%), Iron: 2.84mg (15.75%), Calcium: 154.46mg (15.45%), Zinc: 2.07mg (13.78%), Folate: 52.44µg (13.11%), Vitamin B3: 2.56mg (12.82%), Potassium: 339.05mg (9.69%), Vitamin B12: 0.58µg (9.67%), Vitamin D: 1.15µg (7.7%), Copper: 0.13mg (6.63%), Vitamin A: 254.43IU (5.09%), Vitamin E: 0.47mg (3.11%), Vitamin K: 2.05µg (1.95%)