



Smoky Chipotle Cornbread

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



208 kcal

Ingredients

- ☐ 1 cup all-bran cereal
- ☐ 1 cup cornmeal
- ☐ 1 cup flour all-purpose
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon chili powder
- ☐ 1.3 cups buttermilk
- ☐ 0.3 cup barbecue sauce

- ☐ 2 tablespoons chipotles in adobo canned finely chopped (from 7-oz can)
- ☐ 2 tablespoons vegetable oil
- ☐ 1 eggs

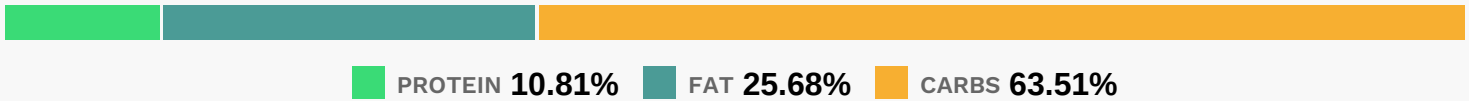
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 400°F. Spray 8-inch square pan with cooking spray. In large bowl, stir together cereal, cornmeal, flour, baking powder, baking soda, salt and chili powder; set aside.
- ☐ In medium bowl, stir together remaining ingredients. Stir into cereal mixture.
- ☐ Pour into pan.
- ☐ Bake 25 to 28 minutes or until golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:34.57, Glycemic Load:17.46, Inflammation Score:-6, Nutrition Score:14.874782562256%

Nutrients (% of daily need)

Calories: 207.6kcal (10.38%), Fat: 6.18g (9.51%), Saturated Fat: 1.54g (9.61%), Carbohydrates: 34.4g (11.47%), Net Carbohydrates: 29.87g (10.86%), Sugar: 5.92g (6.57%), Cholesterol: 21.85mg (7.28%), Sodium: 620.41mg (26.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.72%), Vitamin B6: 0.97mg (48.4%), Manganese: 0.74mg (36.78%), Folate: 125.85µg (31.46%), Vitamin B12: 1.49µg (24.87%), Vitamin B1: 0.34mg (22.56%), Vitamin B2: 0.36mg (21.06%), Phosphorus: 193.72mg (19.37%), Fiber: 4.54g (18.15%), Iron: 2.75mg (15.28%), Selenium: 9.3µg (13.29%), Magnesium: 52.43mg (13.11%), Calcium: 126.76mg (12.68%), Vitamin B3: 2.38mg (11.91%), Zinc: 1.71mg (11.42%), Copper: 0.15mg (7.72%), Potassium: 216.76mg (6.19%), Vitamin K: 6.49µg (6.18%), Vitamin A: 285.6IU (5.71%), Vitamin D: 0.83µg (5.52%), Vitamin B5: 0.46mg (4.56%), Vitamin E: 0.63mg (4.17%), Vitamin C: 1.43mg (1.73%)