



Southwest Cornbread

READY IN



45 min.

SERVINGS



9

CALORIES



258 kcal

BREAD

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.1 lb butter cooled melted
- ☐ 1 cup buttermilk
- ☐ 1 tablespoon chili powder
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 4 oz chilies green chopped canned
- ☐ 3 oz coarsely jack cheese shredded
- ☐ 0.8 teaspoon salt

- ☐ 1 tablespoon sugar
- ☐ 3 tablespoons sugar
- ☐ 1 cup cornmeal yellow

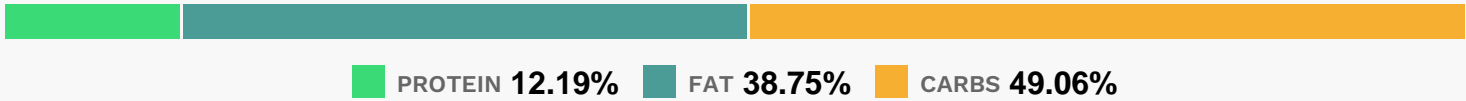
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ spatula

Directions

- ☐ In a bowl, mix flour, cornmeal, 2 tablespoons sugar, baking powder, and salt. In another bowl, beat eggs to blend with buttermilk and 1/4 cup butter. Stir green chilies and cheese into egg mixture.
- ☐ Pour liquids into flour mixture and stir just until evenly moistened.
- ☐ Scrape batter into a buttered 8-inch square pan and spread smooth. In a small bowl, combine chili powder and remaining 1 tablespoon sugar; sprinkle over batter in pan.
- ☐ Bake in a 400 oven until bread springs back when lightly pressed in the center and begins to pull from pan sides, about 25 minutes (20 minutes in a convection oven).
- ☐ Cut bread into squares. Lift from pan with a slender spatula.
- ☐ Serve hot or cool.

Nutrition Facts



Properties

Glycemic Index:48.19, Glycemic Load:19.78, Inflammation Score:-5, Nutrition Score:8.4795652938926%

Nutrients (% of daily need)

Calories: 258.39kcal (12.92%), Fat: 11.19g (17.22%), Saturated Fat: 3.94g (24.62%), Carbohydrates: 31.88g (10.63%), Net Carbohydrates: 29.12g (10.59%), Sugar: 7.51g (8.34%), Cholesterol: 52.68mg (17.56%), Sodium: 529.03mg

(23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.92g (15.84%), Calcium: 180.81mg (18.08%), Phosphorus: 169.83mg (16.98%), Selenium: 11.75µg (16.79%), Vitamin B2: 0.23mg (13.54%), Vitamin A: 665.57IU (13.31%), Vitamin B1: 0.18mg (12.22%), Manganese: 0.23mg (11.46%), Fiber: 2.76g (11.05%), Folate: 39.99µg (10%), Iron: 1.72mg (9.58%), Vitamin B6: 0.17mg (8.27%), Zinc: 1.21mg (8.08%), Magnesium: 30.33mg (7.58%), Vitamin B3: 1.4mg (7.01%), Vitamin E: 0.77mg (5.12%), Vitamin B12: 0.31µg (5.1%), Vitamin B5: 0.47mg (4.71%), Copper: 0.09mg (4.5%), Potassium: 151.08mg (4.32%), Vitamin D: 0.63µg (4.17%), Vitamin C: 1.53mg (1.86%), Vitamin K: 1.37µg (1.3%)