



Southwestern Hot-Water Cornbread

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



409 kcal

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 8 servings butter softened
- ☐ 1 cup kernel corn whole frozen thawed
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 0.3 cup half-and-half
- ☐ 1 jalapeno minced seeded
- ☐ 1.3 teaspoons salt
- ☐ 1 cup mexican cheese blend
- ☐ 1 teaspoon sugar

- ☐ 1 tablespoon vegetable oil
- ☐ 8 servings vegetable oil
- ☐ 0.8 cups water boiling
- ☐ 2 cups cornmeal white

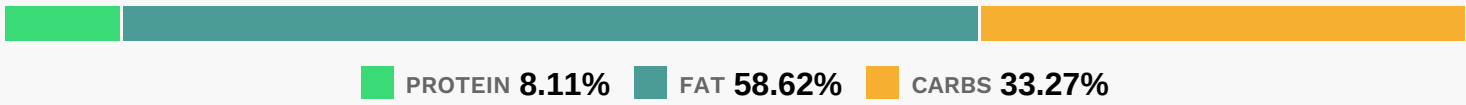
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Combine cornmeal and next 3 ingredients in a bowl; stir in half-and-half and 1 tablespoon oil. Gradually add boiling water, stirring until batter is the consistency of grits. Stir in jalapeo pepper, cheese, corn, and cilantro.
- ☐ Pour oil to a depth of 1/2 inch into a large heavy skillet; place over medium-high heat. Scoop batter into a 1/4-cup measure; drop into hot oil, and fry, in batches, 3 minutes on each side or until golden.
- ☐ Drain well on paper towels.
- ☐ Serve immediately with softened butter.
- ☐ Note: Stone ground (coarsely ground) cornmeal requires more liquid.

Nutrition Facts



Properties

Glycemic Index:34.51, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:9.4352174725222%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 409.36kcal (20.47%), Fat: 26.9g (41.38%), Saturated Fat: 8.26g (51.61%), Carbohydrates: 34.34g (11.45%), Net Carbohydrates: 30.15g (10.96%), Sugar: 1.64g (1.83%), Cholesterol: 26.7mg (8.9%), Sodium: 531.9mg (23.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.37g (16.75%), Vitamin K: 31.7µg (30.19%), Phosphorus: 192.13mg (19.21%), Fiber: 4.2g (16.79%), Magnesium: 56.76mg (14.19%), Manganese: 0.28mg (13.76%), Vitamin B6: 0.25mg (12.61%), Zinc: 1.8mg (12.03%), Calcium: 115.08mg (11.51%), Vitamin E: 1.68mg (11.18%), Vitamin B5: 1.06mg (10.6%), Iron: 1.67mg (9.27%), Vitamin B1: 0.13mg (8.85%), Vitamin B2: 0.12mg (7.08%), Vitamin B3: 1.31mg (6.57%), Potassium: 227.98mg (6.51%), Vitamin A: 296.59IU (5.93%), Folate: 21.14µg (5.28%), Copper: 0.1mg (5.14%), Selenium: 2.41µg (3.44%), Vitamin B12: 0.2µg (3.25%), Vitamin C: 2.6mg (3.15%)