



Spicy Jalapeño Corn Bread

 Vegetarian  Gluten Free

READY IN



53 min.

SERVINGS



12

CALORIES



133 kcal

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 tablespoons butter melted
- ☐ 1 tablespoon canola oil
- ☐ 2 large eggs lightly beaten
- ☐ 1 cup corn kernels fresh (2 ears)
- ☐ 1.3 cups cornmeal stone-ground
- ☐ 1.5 tablespoons honey
- ☐ 2 tablespoons pickled jalapeño peppers minced
- ☐ 0.8 teaspoon kosher salt

- ☐ 2 ounces cheddar cheese shredded reduced-fat
- ☐ 1 cup nonfat buttermilk

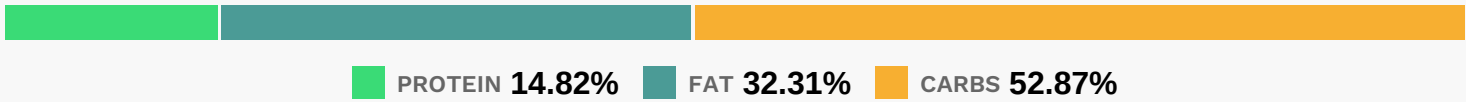
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 37
- ☐ Place a 9-inch cast-iron skillet coated with cooking spray in oven 5 minutes or until heated.
- ☐ Combine cornmeal, corn, salt, and baking soda in a large bowl, stirring with a whisk; make a well in center of mixture.
- ☐ Combine buttermilk, cheese, jalapeos, butter, honey, oil, and eggs in a small bowl; add to cornmeal mixture. Stir just until combined. Spoon mixture into preheated pan.
- ☐ Bake at 375 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack.
- ☐ Cut into 12 wedges.

Nutrition Facts



Properties

Glycemic Index:16.9, Glycemic Load:8.36, Inflammation Score:-2, Nutrition Score:4.1556521394978%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 133.14kcal (6.66%), Fat: 4.86g (7.47%), Saturated Fat: 1.67g (10.41%), Carbohydrates: 17.88g (5.96%), Net Carbohydrates: 16.01g (5.82%), Sugar: 4.32g (4.79%), Cholesterol: 36.15mg (12.05%), Sodium: 263.74mg (11.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.02%), Phosphorus: 88.56mg (8.86%), Fiber: 1.87g (7.5%), Vitamin B6: 0.14mg (6.82%), Manganese: 0.13mg (6.67%), Selenium: 4.36µg (6.23%), Magnesium: 24.41mg (6.1%), Zinc: 0.77mg (5.16%), Vitamin C: 4.04mg (4.89%), Vitamin B1: 0.07mg (4.89%), Vitamin B2: 0.07mg (4.35%), Iron: 0.74mg (4.13%), Folate: 15.92µg (3.98%), Vitamin B3: 0.67mg (3.34%), Vitamin B5: 0.33mg (3.33%), Vitamin E: 0.49mg (3.3%), Potassium: 108.59mg (3.1%), Vitamin A: 148.06IU (2.96%), Calcium: 29.04mg (2.9%), Copper: 0.06mg (2.79%), Vitamin B12: 0.1µg (1.67%), Vitamin K: 1.54µg (1.47%), Vitamin D: 0.17µg (1.14%)