



Sweet Jalapeno Cornbread

READY IN



50 min.

SERVINGS



15

CALORIES



262 kcal

BREAD

Ingredients

- ☐ 4.5 teaspoons double-acting baking powder
- ☐ 2 cups cornmeal
- ☐ 3 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 1 cup jalapeño peppers fresh chopped to taste
- ☐ 0.7 cup butter softened
- ☐ 1.7 cups milk
- ☐ 1 teaspoon salt
- ☐ 0.7 cup sugar white

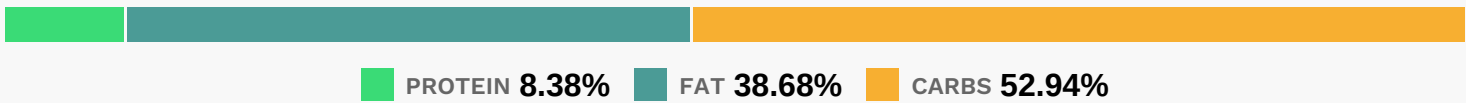
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease a 9x13-inch baking dish.
- ☐ Beat margarine and sugar together in a large bowl until smooth.
- ☐ Combine cornmeal, flour, baking powder, and salt in another bowl. Stir eggs and milk in a third bowl.
- ☐ Pour 1/3 milk mixture and 1/3 flour mixture alternately into margarine mixture; whisk until just mixed. Repeat with remaining ingredients and stir in jalapeno peppers.
- ☐ Spread mixture evenly into prepared baking pan.
- ☐ Bake in preheated oven until a toothpick inserted into the center comes out clean, 22 to 26 minutes. Cool in the pan for 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:25.04, Glycemic Load:22.42, Inflammation Score:-5, Nutrition Score:7.507391328397%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 261.56kcal (13.08%), Fat: 11.35g (17.46%), Saturated Fat: 2.75g (17.16%), Carbohydrates: 34.94g (11.65%),
Net Carbohydrates: 32.48g (11.81%), Sugar: 10.82g (12.02%), Cholesterol: 40.45mg (13.48%), Sodium: 403.21mg
(17.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.06%), Phosphorus: 137.05mg (13.71%),
Selenium: 8.7µg (12.43%), Calcium: 116.33mg (11.63%), Vitamin B1: 0.17mg (11.56%), Manganese: 0.22mg (11.11%),
Vitamin A: 523.48IU (10.47%), Fiber: 2.46g (9.85%), Vitamin B2: 0.17mg (9.84%), Vitamin B6: 0.19mg (9.48%),
Vitamin C: 7.14mg (8.65%), Folate: 33.96µg (8.49%), Iron: 1.48mg (8.21%), Magnesium: 31.11mg (7.78%), Zinc: 0.98mg
(6.57%), Vitamin B3: 1.29mg (6.47%), Vitamin E: 0.73mg (4.87%), Vitamin B5: 0.46mg (4.57%), Potassium: 154.19mg
(4.41%), Vitamin B12: 0.25µg (4.09%), Copper: 0.08mg (3.92%), Vitamin D: 0.5µg (3.32%), Vitamin K: 1.3µg (1.24%)