



Texas Corn Bread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



257 kcal

BREAD

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 2 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 1 cup corn kernels fresh thawed drained (and)
- ☐ 1 teaspoon ground cumin
- ☐ 1 jalapeño chili seeded finely chopped
- ☐ 1 cup milk
- ☐ 0.5 small bell pepper red seeded chopped

- ☐ 0.8 teaspoon salt
- ☐ 2 scallions finely chopped
- ☐ 3 tablespoons sugar
- ☐ 4 tablespoons butter unsalted melted
- ☐ 1 cup cornmeal yellow

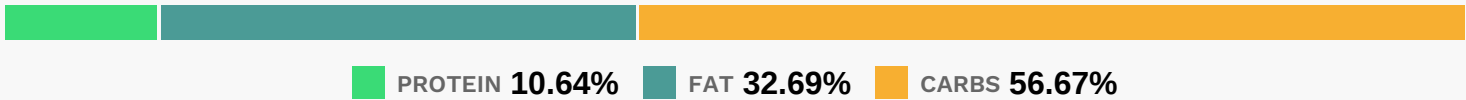
Equipment

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

Directions

- ☐ Place a rack in upper third of oven; preheat oven to 375F. Coat a 9-inch square baking pan with cooking spray.
- ☐ Combine cornmeal, flour, sugar, baking powder, cumin and salt in a medium bowl.
- ☐ Mix milk, butter and eggs in a small bowl; add to cornmeal mixture and stir until almost combined.
- ☐ Add vegetables; stir just until combined. Spoon into pan.
- ☐ Bake until lightly browned and a cake tester inserted in center comes out clean, about 25 minutes. Cool on a wire rack for 10 minutes before cutting; serve warm.

Nutrition Facts



Properties

Glycemic Index:55.57, Glycemic Load:21.59, Inflammation Score:-5, Nutrition Score:9.9499999751215%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 257.14kcal (12.86%), Fat: 9.51g (14.62%), Saturated Fat: 4.85g (30.34%), Carbohydrates: 37.08g (12.36%), Net Carbohydrates: 34.17g (12.43%), Sugar: 7.84g (8.71%), Cholesterol: 65.21mg (21.74%), Sodium: 465.13mg (20.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.92%), Phosphorus: 182.79mg (18.28%), Calcium: 172.82mg (17.28%), Vitamin B1: 0.24mg (15.95%), Selenium: 11.16µg (15.94%), Manganese: 0.29mg (14.47%), Folate: 53.59µg (13.4%), Vitamin B2: 0.22mg (12.73%), Vitamin C: 9.81mg (11.89%), Iron: 2.09mg (11.63%), Fiber: 2.91g (11.63%), Vitamin A: 522.49IU (10.45%), Vitamin B6: 0.2mg (10.24%), Magnesium: 39.59mg (9.9%), Vitamin B3: 1.87mg (9.37%), Zinc: 1.14mg (7.6%), Vitamin K: 7.53µg (7.18%), Vitamin B5: 0.65mg (6.52%), Potassium: 221.72mg (6.33%), Copper: 0.1mg (4.89%), Vitamin B12: 0.29µg (4.8%), Vitamin D: 0.69µg (4.6%), Vitamin E: 0.57mg (3.77%)