



Triple Corn Quick Bread

READY IN



85 min.

SERVINGS



8

CALORIES



393 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.1 teaspoon pepper black freshly ground plus more for seasoning
- ☐ 1.5 cups cheddar shredded yellow extra-sharp
- ☐ 1 cup corn kernels frozen
- ☐ 0.8 cups cream corn canned
- ☐ 1 large eggs beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 2 cloves garlic chopped
- ☐ 1 jalapeño seeded finely chopped

- ☐ 1.3 teaspoons kosher salt plus more for seasoning
- ☐ 4 tablespoons butter unsalted divided
- ☐ 0.8 cup milk whole
- ☐ 1.5 cups cornmeal yellow

Equipment

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

Directions

- ☐ Preheat the oven to 350 degrees F. Spray a 9 by 5-inch loaf pan with nonstick spray.
- ☐ Add 1 tablespoon butter to a medium saute pan over medium-high heat. Once hot, add the jalapeno and garlic and saute until soft, about 3 minutes.
- ☐ Add the corn kernels and saute for another minute. Season the mixture with salt and pepper.
- ☐ Remove from the heat to cool.
- ☐ Meanwhile, whisk together the flour, cornmeal, baking powder, salt, and pepper in a large bowl. Toss in the cheese with your hands.
- ☐ Melt the remaining 3 tablespoons butter.
- ☐ In a second bowl, mix together the milk, melted butter, egg, and creamed corn.
- ☐ Mix the wet ingredients into the dry ingredients, and then stir in the sauteed corn and jalapeno until combined.
- ☐ Pour into the prepared loaf pan and bake for 45 minutes. Cool on a wire rack for 10 minutes before turning out.

Nutrition Facts



 **PROTEIN 12.92%**  **FAT 37.46%**  **CARBS 49.62%**

Properties

Glycemic Index:49.31, Glycemic Load:26.93, Inflammation Score:-6, Nutrition Score:13.089130411977%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 392.6kcal (19.63%), Fat: 16.55g (25.47%), Saturated Fat: 8.7g (54.38%), Carbohydrates: 49.33g (16.44%), Net Carbohydrates: 45.12g (16.41%), Sugar: 3.49g (3.88%), Cholesterol: 62.23mg (20.74%), Sodium: 785.77mg (34.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.85g (25.69%), Phosphorus: 282.77mg (28.28%), Calcium: 279.82mg (27.98%), Selenium: 18.49µg (26.42%), Manganese: 0.41mg (20.75%), Vitamin B1: 0.31mg (20.72%), Folate: 79.03µg (19.76%), Vitamin B2: 0.33mg (19.56%), Fiber: 4.21g (16.84%), Zinc: 2.25mg (15.01%), Iron: 2.46mg (13.66%), Magnesium: 54.07mg (13.52%), Vitamin B6: 0.26mg (13.25%), Vitamin B3: 2.63mg (13.13%), Vitamin A: 504.12IU (10.08%), Potassium: 249.36mg (7.12%), Copper: 0.14mg (7.09%), Vitamin B12: 0.42µg (6.93%), Vitamin B5: 0.68mg (6.83%), Vitamin C: 3.62mg (4.39%), Vitamin E: 0.62mg (4.14%), Vitamin D: 0.61µg (4.06%), Vitamin K: 1.6µg (1.53%)