

Jalapeno Buttermilk Corn Bread

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Servings: 8

1 cup self-rising flour
1 cup yellow cornmeal
1 cup buttermilk
1/4 cup egg substitute
3 tablespoons canola oil, divided
2 tablespoons honey
1 tablespoon reduced-fat mayonnaise
1/4 cup fresh or frozen corn, thawed
3 tablespoons reduced-fat cheddar cheese, shredded
3 tablespoons sweet red pepper, finely chopped
1/2 to 1 jalapeno pepper, seeded and finely chopped

Preparation Time: 15 minutes

Bake: 20 minutes

Preheat the oven to 425 degrees.

In a large bowl, whisk the flour and cornmeal.

In another bowl, whisk the buttermilk, egg substitute, two tablespoons of the oil, honey and mayonnaise. Pour the remaining oil into an eight-inch ovenproof skillet. Place the skillet in the oven for 4 minutes.

Meanwhile, add the buttermilk mixture to the flour mixture. Stir just until moistened. Fold in the corn, cheese and peppers.

Carefully tilt and rotate the skillet to coat the bottom with oil. Add the batter. Bake for 20 to 25 minutes or until a toothpick inserted in the center comes out clean.

As a substitute for one cup of self-rising flour, place 1-1/2 teaspoon baking powder and 1/2 teaspoon of salt in a measuring cup. Add all-purpose flour to measure one cup. Wear disposable gloves when cutting hot peppers, the oils can burn your skin. Avoid touching your face.

Per Serving (excluding unknown items): 210 Calories; 7g Fat (30.7% calories from fat); 5g Protein; 31g Carbohydrate; 2g Dietary Fiber; 2mg Cholesterol; 255mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat; 1/2 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	210	Vitamin B6 (mg):	.1mg
% Calories from Fat:	30.7%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	59.9%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	9.4%	Riboflavin B2 (mg):	.2mg

Total Fat (g): 7g
Saturated Fat (g): 1g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 2mg
Carbohydrate (g): 31g
Dietary Fiber (g): 2g
Protein (g): 5g
Sodium (mg): 255mg
Potassium (mg): 121mg
Calcium (mg): 96mg
Iron (mg): 2mg
Zinc (mg): trace
Vitamin C (mg): 7mg
Vitamin A (i.u.): 383IU
Vitamin A (r.e.): 40RE

Folacin (mcg): 19mcg
Niacin (mg): 2mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 1 1/2
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 210 Calories from Fat: 65

% Daily Values*

Total Fat	7g	11%
Saturated Fat	1g	4%
Cholesterol	2mg	1%
Sodium	255mg	11%
Total Carbohydrates	31g	10%
Dietary Fiber	2g	8%
Protein	5g	
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Vitamin A		8%
Vitamin C		12%
Calcium		10%
Iron		9%

* Percent Daily Values are based on a 2000 calorie diet.