

# Pepper Jack Cheese, Bacon and Jalapeno Cornbread

*Relish Magazine - October 2014*

## **Yield: 8 wedges**

*2 slices bacon, cut crosswise into  
1/4-inch slivers  
1 1/2 cups buttermilk or regular  
milk  
2 eggs  
3 tablespoons melted butter or  
vegetable oil  
1 cup yellow or white stone-ground  
cornmeal  
1 cup all-purpose flour  
3 tablespoons brown sugar or honey  
1 1/2 teaspoons baking powder  
1/2 teaspoon baking soda  
1 scant teaspoon salt  
2 to 4 jalapeno peppers, seeded and  
finely chopped  
1 cup (4 ounces) pepper jack cheese,  
coarsely grated*

Preheat the oven to 400 degrees.

Brown the bacon in a large cast iron skillet over medium heat, about 3 minutes. Using a slotted spoon, transfer the bacon to a mixing bowl, leaving the fat in the pan.

Add the buttermilk, egg and butter to the bacon and whisk to mix. Whisk in the cornmeal, flour, brown sugar, baking powder, baking soda, salt and jalapenos. Stir in the cheese. You want a pourable batter; add 1/4 cup more buttermilk, if needed. Spoon the batter into the pan and place in the oven.

Bake until the cornbread is puffed and browned and starts to pull away from the side of the pan, 25 to 30 minutes. The cornbread is done when a toothpick inserted in the center comes out clean.

Let cool in the pan for about 5 minutes. Cut into eight wedges for serving.

---

Per Serving (excluding unknown items): 688 Calories; 18g Fat (23.4% calories from fat); 30g Protein; 100g Carbohydrate; 4g Dietary Fiber; 435mg Cholesterol; 3837mg Sodium. Exchanges: 6 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Miscellaneous

**Per Serving Nutritional Analysis**

---

% Calories from Fat:	23.4%
% Calories from Carbohydrates:	59.0%
% Calories from Protein:	17.6%
Total Fat (g):	18g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	435mg
Carbohydrate (g):	100g
Dietary Fiber (g):	4g
Protein (g):	30g
Sodium (mg):	3837mg
Potassium (mg):	391mg
Calcium (mg):	494mg
Iron (mg):	9mg
Zinc (mg):	2mg
Vitamin C (mg):	17mg
Vitamin A (i.u.):	548IU
Vitamin A (r.e.):	146RE

Vitamin B12 (mcg):	1.5mcg
Thiamin B1 (mg):	1.2mg
Riboflavin B2 (mg):	1.1mg
Folacin (mcg):	254mcg
Niacin (mg):	9mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

### Food Exchanges

Grain (Starch):	6 1/2
Lean Meat:	2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

Calories 688                      Calories from Fat: 161

### % Daily Values\*

<b>Total Fat</b> 18g	27%
Saturated Fat 5g	27%
<b>Cholesterol</b> 435mg	145%
<b>Sodium</b> 3837mg	160%
<b>Total Carbohydrates</b> 100g	33%
Dietary Fiber 4g	17%
<b>Protein</b> 30g	
<b>Vitamin A</b>	11%
<b>Vitamin C</b>	28%
<b>Calcium</b>	49%
<b>Iron</b>	49%

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