

Jalapeno Cheddar Cornbread is savory cornbread that is made with sharp cheddar cheese, corn kernels, onions, and jalapeno peppers.

INGREDIENTS:

- 2 large eggs, whisked
- ¼ cup vegetable oil
- 1 cup buttermilk
- 1 cup cornmeal
- ½ cup all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- 1 teaspoon salt
- ½ teaspoon garlic powder
- 1½ cups sharp cheddar cheese, shredded
- 1 cup corn kernels
- ½ white onion, diced
- 2 medium jalapeno peppers, seeded and diced (approximately ½ cup)



INSTRUCTIONS:

1. Place a greased 8-inch cast-iron skillet into a cold oven. Preheat the oven to 350°F, allowing the skillet to heat up with the oven.
2. In a medium bowl, combine eggs, oil, buttermilk, and cornmeal. Set aside.
3. In a separate bowl combine flour, baking powder, baking soda, salt, and garlic powder. Whisk together until combined.

4. Pour the egg mixture into the flour mixture and mix until well combined.
5. Fold in cheese, corn, onion, and jalapeños.
6. Carefully remove the skillet from the oven. Pour the batter into the hot skillet.
7. Bake 45-50 minutes, or until golden brown. (An inserted toothpick should come out clean or with a few dry crumbs.)
8. Let the cornbread cool for about 20 minutes before cutting and serving.

NUTRITION

Makes about 12 servings

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per 96 g 1 serving (3.4 oz)	Calories 217 From fat 109	Total Fat 12.4g	19%	Total Carbohydrates 20g	7%
		Saturated 7.8g	39%	Dietary Fiber 1g	5%
		Trans Fat 0.2g		Sugars 2g	
		Cholesterol 50mg	17%	Protein 8g	15%
		Sodium 436mg	18%		
		Calcium 20% • Iron 4%		Vitamin A 6% • Vitamin C 7%	
<i>HappyForks.com</i>		* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.