

# Jalapeno Scallion Cornbread

Serves 12



## Ingredients:

- 1 cup cornmeal
- ½ cup whole wheat flour
- ¼ cup all-purpose flour
- 2 Tablespoons sugar
- ½ teaspoon salt
- 2 teaspoons baking powder
- 2 eggs
- 1 cup low-fat milk
- ¼ cup olive oil, plus two teaspoons for pan
- 2 jalapeño, deseeded and minced
- 4 scallions, sliced thin

## Instructions:

1. Preheat oven to 350°F
2. In a mixing bowl, combine cornmeal, flours, sugar, salt, and baking powder.
3. In another mixing bowl, add eggs, milk, and olive oil, and whisk to combine.
4. Make a well in the dry ingredients and pour the liquid ingredients into the well. Whisk until just combined.
5. Stir in jalapeno and scallions.
6. Pour batter into a lightly oiled 9-inch cake pan. Bake for 30 minutes or until the cornbread is lightly brown on top and cornbread is cooked through. Enjoy warm or room temperature.

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### Nutrition Facts

Serving Size 1 × 12 Serving

Amount Per Serving

**Calories 141.9**

% Daily Value\*

Total Fat	6.9 g	9 %
Saturated Fat	1.2 g	6 %
Trans Fat	0 g	
Cholesterol	32.1 mg	11 %
Sodium	203.5 mg	9 %
Total Carbohydrate	17.3 g	6 %
Dietary Fiber	1.6 g	6 %
Total Sugars	3.6 g	
Added Sugars	2.1 g	4 %
Protein	3.6 g	
Vitamin D	0.4 mcg	2 %
Calcium	81.3 mg	6 %
Iron	1 mg	5 %
Potassium	111 mg	2 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at [cronometer.com](https://cronometer.com)

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