

# Jalapeño Cheddar Cornbread

Yield: 9 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-jalapeno-cornbread-recipe>

## Ingredients:

- 1 1/2 cups yellow corn meal 200g | 7oz
- 1 cup unbleached all purpose flour 130g | 4.5oz
- 3 teaspoons baking powder
- 1 teaspoon salt I use Himalayan salt
- 2 jalapeño peppers large, seeded and finely chopped, save a handful to garnish, optional
- 1 3/4 cups grated sharp cheddar cheese 175g | 6.2oz, save a handful to garnish, optional
- 1 cup corn kernels 170g | 6oz, fresh, frozen or canned, drained well
- 1 1/4 cups buttermilk
- 1/3 cup butter 80g | 2.8oz, melted
- 1/3 cup liquid honey 110g | 3.9oz
- 2 large eggs

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 95 milligrams
4. Fat: 17 grams
5. Fiber: 2 grams
6. Protein: 15 grams
7. SaturatedFat: 10 grams
8. Sodium: 870 milligrams
9. Sugar: 14 grams

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