

JALAPENO CORN BREAD

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
224 cal	30 g	5 g	9 g	33 mg	391 mg	143 mg

Ingredient

Weight

Measure

Issue

FLOUR,WHEAT,GENERAL PURPOSE	3-7/8 lbs	3 qts 2 cup	
CORN MEAL	3-2/3 lbs	3 qts	
MILK,NONFAT,DRY	6 oz	2-1/2 cup	
SUGAR,GRANULATED	7 oz	1 cup	
BAKING POWDER	5-7/8 oz	3/4 cup	
SALT	1-1/2 oz	2-1/3 tbsp	
EGGS,WHOLE,FROZEN	1-1/2 lbs	2-7/8 cup	
WATER	7-7/8 lbs	3 qts 3 cup	
OIL,SALAD	1-1/2 lbs	3 cup	
CORN,CANNED,WHOLE KERNEL,DRAINED	11-5/8 oz	2 cup	
CHEESE,CHEDDAR,GRATED	8 oz	2 cup	
PEPPERS,JALAPENOS,CANNED,DRAINED,CHOPPED	2-3/8 oz	1/2 cup	
ONIONS,FRESH,GRATED	1-3/8 oz	1/4 cup 1/3 tbsp	1-5/8 oz
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

Method

- 1 Blend flour, cornmeal, milk, sugar, baking powder, and salt in mixer bowl.
- 2 Combine eggs and water; add to ingredients in mixer bowl. Blend at low speed about 1 minute. Scrape down bowl.
- 3 Add shortening, drained corn, cheese, drained jalapeno peppers, and onions to mixture. Blend only until ingredients are distributed throughout mixture.
- 4 Lightly spray each pan with non-stick cooking spray. Pour 4-3/4 quarts batter into each pan.
- 5 Bake for 30 minutes at 425 F. or at 375 F. in a convection oven 20 minutes or until done on low fan, open vent.
- 6 Cool, cut 6 by 9.