

JALAPENO CORN BREAD (CORN BREAD MIX)

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
230 cal	36 g	4 g	8 g	3 mg	599 mg	46 mg

Ingredient

CORN BREAD MIX
 CORN,CANNED,WHOLE KERNEL,DRAINED
 CHEESE,CHEDDAR,GRATED
 PEPPERS,JALAPENOS,CANNED,DRAINED,CHOPPED
 ONIONS,FRESH,GRATED
 COOKING SPRAY,NONSTICK

Weight

11-1/4 lbs
 11-5/8 oz
 8 oz
 2-3/8 oz
 2-7/8 oz
 2 oz

Measure

2 gal 1/3 qts
 2 cup
 2 cup
 1/2 cup
 1/2 cup
 1/4 cup 1/3 tbsp

Issue

3-1/8 oz

Method

- 1 Prepare mix according to instructions on container. Add drained whole kernel corn, grated Cheddar or American cheese, jalapeno peppers, and onions. Blend only until ingredients are distributed.
- 2 Lightly spray each pan with non-stick cooking spray. Pour 4-3/4 quarts of batter into each pan.
- 3 Bake 30 minutes at 425 F. or in a 375 F. convection oven for 20 minutes or until done on low fan, open vent.
- 4 Cool; cut 6 by 9.