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Atkins Cornbread

Atkins Kitchen

This "cornbread" contains no cornmeal, but is a perfect accompaniment for fried chicken or a bowl of chili.

Ingredients

1/2 cup Atkins Bake Mix

1/4 cup wheat gluten

3 eggs

1 cup milk

4 ounces jalapeno jack cheese, grated

1 chipotle en adobo, finely chopped (optional)

1/3 cup vegetable oil

[IN BRIEF]

Servings: 9

Prep time: 10 minutes

Bake/Cook time: 35 minutes

[NUTRITION PER SERVING]

Carbohydrates: 5 grams

Net Carbs: 4.5 grams

Fiber: 0.5 grams

Protein: 8 grams

Fat: 15 grams

Calories: 201

Directions

1. Heat oven to 450° F. Whisk together bake mix, gluten, eggs and milk. Fold in grated cheese and chipotle, if using.
2. Pour oil into an 8-inch square baking pan, and place on middle rack of oven. Heat for 10 minutes, until very hot. Pour batter in; bake 15 minutes. Lower temperature to 350° F; cook 20 minutes more, until browned on top. Cool on a wire rack before cutting into squares.

Good for
Atkins Points:

You can find this article at:

http://www.atkinscenter.com/food/recipes/all/Atkins_Cornbread.html

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