



Brunch Cornbread



Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



355 kcal

BREAD

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 stick butter softened
- ☐ 3 tablespoons butter melted for greasing
- ☐ 0.8 cup cornmeal not coarse
- ☐ 2 eggs
- ☐ 1 cup flour
- ☐ 2 tablespoons brown sugar light
- ☐ 1 teaspoon lime zest

- ☐ 1 teaspoon maple syrup
- ☐ 2 tablespoons maple syrup
- ☐ 0.8 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 6 servings salt
- ☐ 0.5 cup apple sauce unsweetened

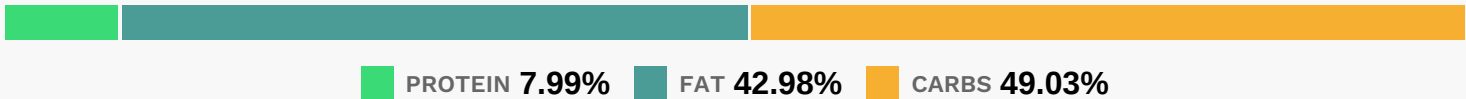
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F. Grease a 9 by 9-inch baking dish with butter.
- ☐ In a medium bowl, whisk together the flour, cornmeal, sugar, baking powder, and salt. In another medium bowl, whisk together very well the eggs, milk, butter, applesauce, and maple syrup.
- ☐ Pour the wet ingredients into the dry ingredients and stir to incorporate (do not overmix).
- ☐ Pour into the prepared dish and bake until a toothpick inserted into the center comes out clean, about 25 minutes.
- ☐ Serve with Maple Lime Butter.
- ☐ In a small bowl, mix the ingredients together until well incorporated. Refrigerate for at least 10 minutes to firm up slightly before serving.;

Nutrition Facts



Properties

Glycemic Index:79.75, Glycemic Load:22.96, Inflammation Score:-5, Nutrition Score:9.7013043838999%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 354.83kcal (17.74%), Fat: 17.08g (26.27%), Saturated Fat: 9.71g (60.66%), Carbohydrates: 43.83g (14.61%), Net Carbohydrates: 41.16g (14.97%), Sugar: 12.39g (13.76%), Cholesterol: 93.52mg (31.17%), Sodium: 670.34mg (29.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.28%), Manganese: 0.46mg (23.19%), Vitamin B2: 0.34mg (20.1%), Selenium: 13.62µg (19.45%), Vitamin B1: 0.26mg (17.17%), Phosphorus: 161.45mg (16.15%), Calcium: 145.35mg (14.54%), Folate: 52.94µg (13.24%), Iron: 2.06mg (11.43%), Vitamin A: 544.93IU (10.9%), Fiber: 2.67g (10.67%), Vitamin B3: 1.8mg (9%), Vitamin B6: 0.18mg (8.89%), Magnesium: 34.6mg (8.65%), Zinc: 1.15mg (7.7%), Vitamin B5: 0.58mg (5.81%), Potassium: 194.9mg (5.57%), Vitamin B12: 0.32µg (5.39%), Copper: 0.1mg (4.85%), Vitamin E: 0.67mg (4.46%), Vitamin D: 0.63µg (4.19%), Vitamin K: 1.49µg (1.42%)