



Confetti Cornbread

 Vegetarian  Vegan  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



170 kcal

BREAD

Ingredients

- 2 teaspoon double-acting baking powder
- 1 tablespoon ener-g egg replacer
- 0.5 C ears corn fresh
- 0.5 bell pepper diced green
- 0.1 cup evaporated cane juice
- 0.5 bell pepper diced red
- 1 pepper red seeds removed and minced or 1/4-1/2 teaspoon pepper flakes (omit for non-spicy cornbread)
- 0.5 teaspoon salt

- 0.5 cup apple sauce plain (may substitute apple sauce)
- 1 cup soymilk plain low-fat (soymilk works best, but other non-dairy milks will do)
- 0.3 cup water
- 1 cup flour gluten-free whole wheat white your favorite (or blend)
- 1 cup cornmeal yellow

Equipment

- bowl
- frying pan
- oven
- knife
- baking pan
- glass baking pan

Directions

- Place it in the oven and preheat to 400F. (If cast iron is not available, spray a 8×8-inch baking dish with oil, but do not put it in the oven to preheat.) In a large bowl, mix the dry ingredients well. In a smaller bowl, mix the soymilk, water, and yogurt (or apple sauce).
- Add wet to the dry and stir gently until evenly distributed, but don't over-mix. Fold in the diced peppers and corn.
- Pour into the hot skillet or prepared pan and bake for 15 – 25 minutes. (A preheated skillet will take less time than a glass baking dish.) When a knife blade comes out clean, it's done.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.49, Glycemic Load:9.31, Inflammation Score:-5, Nutrition Score:7.1852173701577%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 170.48kcal (8.52%), Fat: 2.18g (3.35%), Saturated Fat: 0.31g (1.92%), Carbohydrates: 34.25g (11.42%), Net Carbohydrates: 30.13g (10.96%), Sugar: 6.67g (7.41%), Cholesterol: 0mg (0%), Sodium: 270.43mg (11.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.57%), Vitamin C: 18.39mg (22.29%), Fiber: 4.12g (16.5%), Calcium: 129.29mg (12.93%), Vitamin B6: 0.24mg (11.86%), Vitamin B3: 1.75mg (8.73%), Manganese: 0.16mg (8.2%), Vitamin A: 401.4IU (8.03%), Phosphorus: 78.92mg (7.89%), Iron: 1.34mg (7.46%), Vitamin B1: 0.1mg (6.95%), Magnesium: 27.08mg (6.77%), Vitamin E: 1mg (6.65%), Folate: 24.63µg (6.16%), Vitamin B2: 0.1mg (5.6%), Potassium: 188.06mg (5.37%), Vitamin B12: 0.32µg (5.31%), Zinc: 0.76mg (5.09%), Copper: 0.1mg (5.05%), Selenium: 1.98µg (2.83%), Vitamin D: 0.35µg (2.36%), Vitamin B5: 0.22mg (2.21%), Vitamin K: 1.07µg (1.02%)