



Cook the Book: Vermont Maple-Sweetened Cornbread

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



247 kcal

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 cup vegetable oil melted (or mild vegetable oil)
- ☐ 2 eggs
- ☐ 1 cup cornmeal yellow stone-ground
- ☐ 0.3 cup maple syrup pure
- ☐ 0.7 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 1 cup unbleached flour white

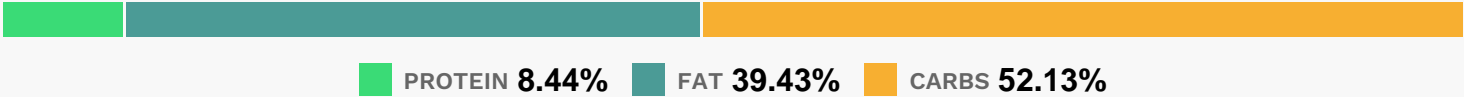
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400°F. Spray an 8-inch square pan with oil; set aside.
- ☐ Sift together flour, cornmeal, baking powder, and salt into a medium bowl.
- ☐ Break the eggs into a smaller bowl, and whisk them well.
- ☐ Whisk in the maple syrup, milk, and melted butter or oil.
- ☐ Pour the wet ingredients into the dry; combine them quickly, using as few strokes as possible. Scrape batter into prepared pan; bake until golden brown, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:33.56, Glycemic Load:17.8, Inflammation Score:-2, Nutrition Score:7.1082608233327%

Nutrients (% of daily need)

Calories: 247.09kcal (12.35%), Fat: 10.85g (16.69%), Saturated Fat: 2.09g (13.07%), Carbohydrates: 32.27g (10.76%), Net Carbohydrates: 30.28g (11.01%), Sugar: 8.37g (9.3%), Cholesterol: 38.54mg (12.85%), Sodium: 293.34mg (12.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.46%), Manganese: 0.5mg (25.07%), Vitamin B2: 0.25mg (14.46%), Vitamin K: 15.01µg (14.29%), Selenium: 9.92µg (14.17%), Calcium: 122.28mg (12.23%), Phosphorus: 120.05mg (12.01%), Fiber: 2g (7.99%), Magnesium: 28.59mg (7.15%), Vitamin B6: 0.14mg (6.85%), Zinc: 0.95mg (6.33%), Vitamin E: 0.89mg (5.95%), Vitamin B1: 0.09mg (5.73%), Iron: 0.99mg (5.48%), Potassium: 138.51mg (3.96%), Vitamin B5: 0.38mg (3.83%), Folate: 15.19µg (3.8%), Copper: 0.08mg (3.77%), Vitamin B12: 0.18µg (3.08%), Vitamin B3: 0.61mg (3.06%), Vitamin D: 0.39µg (2.63%), Vitamin A: 82.36IU (1.65%)