



Corn Bread

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



171 kcal

BREAD

Ingredients

- 2.5 teaspoons double-acting baking powder
- 2 tablespoons butter melted
- 3 large eggs lightly beaten
- 0.7 cup flour all-purpose
- 1.3 cups milk 1% low-fat
- 0.5 teaspoon salt
- 1 tablespoon sugar
- 1.3 cups cornmeal yellow

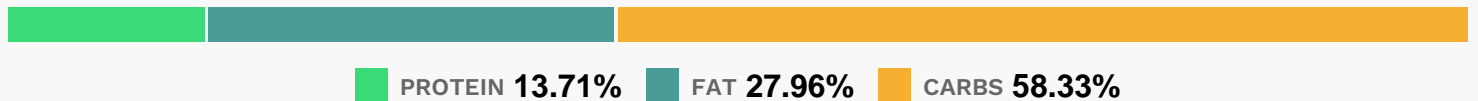
Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- baking pan
- measuring cup

Directions

- Preheat oven to 40
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 4 ingredients (flour through salt) in a large bowl, stirring with a whisk. Make a well in center of mixture.
- Combine milk, eggs, and butter in a small bowl, stirring with a whisk.
- Add to flour mixture, stirring just until moist. Spoon batter into a 13 x 9-inch baking pan coated with cooking spray.
- Bake at 400 for 20 minutes. Cool in pan 10 minutes.
- Remove from pan; cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:35.56, Glycemic Load:14.91, Inflammation Score:-3, Nutrition Score:6.5104347648828%

Nutrients (% of daily need)

Calories: 171.1kcal (8.56%), Fat: 5.31g (8.17%), Saturated Fat: 2.31g (14.44%), Carbohydrates: 24.93g (8.31%), Net Carbohydrates: 22.71g (8.26%), Sugar: 3.07g (3.41%), Cholesterol: 63.29mg (21.1%), Sodium: 274.11mg (11.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.72%), Phosphorus: 139.37mg (13.94%), Selenium: 9.36µg (13.37%), Calcium: 107.61mg (10.76%), Vitamin B1: 0.15mg (10.13%), Vitamin B2: 0.17mg (10.11%), Manganese: 0.2mg (9.91%), Fiber: 2.22g (8.88%), Vitamin B6: 0.17mg (8.6%), Iron: 1.4mg (7.75%), Folate: 30.18µg (7.55%), Magnesium: 30.19mg (7.55%), Zinc: 1.04mg (6.93%), Vitamin B3: 1.06mg (5.31%), Vitamin B12: 0.32µg (5.3%), Vitamin B5: 0.5mg (5.02%), Vitamin A: 208.79IU (4.18%), Vitamin D: 0.62µg (4.16%), Potassium: 145.71mg (4.16%), Copper: 0.07mg (3.73%), Vitamin E: 0.31mg (2.08%)