



Corn Bread Bites

READY IN



45 min.

SERVINGS



12

CALORIES



109 kcal

BREAD

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 8.8 ounce regular corn cream-style canned
- ☐ 1 large eggs lightly beaten
- ☐ 3 ounces flour all-purpose
- ☐ 0.3 cup green onions thinly sliced
- ☐ 1 Dash hot sauce
- ☐ 0.5 cup cup heavy whipping cream sour reduced-fat
- ☐ 0.3 teaspoon salt
- ☐ 2 ounces sharp cheddar cheese shredded

- ☐ 1 tablespoon sugar
- ☐ 0.5 cup cornmeal yellow

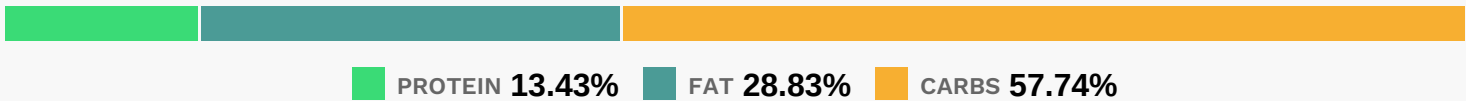
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Lightly spoon the flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 4 ingredients (through salt) in a large bowl.
- ☐ Combine cheese and remaining ingredients except cooking spray in a small bowl; stir with a whisk.
- ☐ Add to flour mixture; stir just until moistened.
- ☐ Divide batter evenly among miniature muffin cups coated with cooking spray.
- ☐ Bake at 375 for 10 minutes or until golden brown. Cool in cups 2 minutes on wire racks; remove from pans. Cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:30.38, Glycemic Load:7.68, Inflammation Score:-2, Nutrition Score:4.0713043212891%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 109.17kcal (5.46%), Fat: 3.57g (5.49%), Saturated Fat: 1.76g (11.03%), Carbohydrates: 16.09g (5.36%), Net Carbohydrates: 14.98g (5.45%), Sugar: 1.89g (2.1%), Cholesterol: 23.58mg (7.86%), Sodium: 201.14mg (8.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.49%), Selenium: 5.82µg (8.31%), Calcium: 82.25mg (8.23%), Phosphorus: 81.52mg (8.15%), Folate: 29.45µg (7.36%), Vitamin B2: 0.11mg (6.2%), Vitamin B1: 0.09mg (5.9%), Manganese: 0.11mg (5.5%), Fiber: 1.12g (4.47%), Iron: 0.78mg (4.33%), Zinc: 0.65mg (4.32%), Vitamin K: 4.52µg (4.31%), Vitamin B3: 0.8mg (4.02%), Magnesium: 15.45mg (3.86%), Vitamin B6: 0.07mg (3.44%), Vitamin A: 137.36IU (2.75%), Potassium: 92.21mg (2.63%), Copper: 0.05mg (2.25%), Vitamin B12: 0.13µg (2.12%), Vitamin B5: 0.19mg (1.93%), Vitamin C: 1.33mg (1.61%), Vitamin E: 0.16mg (1.08%)