



Corn Sticks

READY IN



45 min.

SERVINGS



24

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 0.3 cup butter softened
- ☐ 2 cups cake flour sifted
- ☐ 2.7 cups cornmeal
- ☐ 3 eggs
- ☐ 2.3 cups milk
- ☐ 1.5 teaspoons salt
- ☐ 0.3 cup sugar

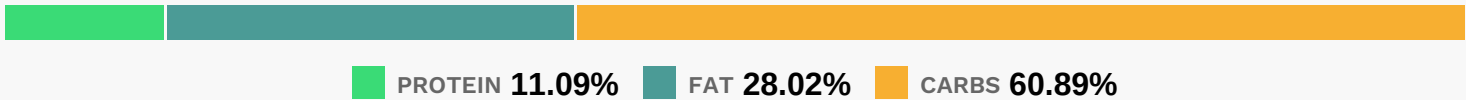
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Cream butter; gradually add sugar, beating until light and fluffy.
- ☐ Add eggs, one at a time, beating well after each addition.
- ☐ Combine cornmeal, flour, baking powder, and salt; add to creamed mixture alternately with milk, beginning and ending with cornmeal mixture.
- ☐ Place a well-greased cast-iron cornstick pan in a 400 oven for 3 minutes or until hot.
- ☐ Remove from oven, and spoon batter into pan, filling two-thirds full.
- ☐ Bake at 400 for 20 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:13.98, Glycemic Load:15.19, Inflammation Score:-2, Nutrition Score:4.6939130157394%

Nutrients (% of daily need)

Calories: 161.44kcal (8.07%), Fat: 5.04g (7.76%), Saturated Fat: 1.35g (8.43%), Carbohydrates: 24.65g (8.22%), Net Carbohydrates: 22.74g (8.27%), Sugar: 4.24g (4.71%), Cholesterol: 23.31mg (7.77%), Sodium: 298.84mg (12.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.98%), Phosphorus: 107.34mg (10.73%), Selenium: 7.35µg (10.51%), Manganese: 0.2mg (9.94%), Calcium: 94.7mg (9.47%), Fiber: 1.91g (7.65%), Vitamin B6: 0.13mg (6.61%), Magnesium: 25.38mg (6.35%), Zinc: 0.81mg (5.37%), Vitamin B1: 0.08mg (5.14%), Vitamin B2: 0.08mg (4.84%), Iron: 0.83mg (4.62%), Vitamin A: 181.11IU (3.62%), Copper: 0.07mg (3.32%), Vitamin B5: 0.33mg (3.26%), Potassium: 112.09mg (3.2%), Folate: 12.06µg (3.02%), Vitamin B12: 0.18µg (3%), Vitamin B3: 0.57mg (2.85%), Vitamin D: 0.37µg (2.47%), Vitamin E: 0.27mg (1.83%)