

Cornbread II

 Vegetarian

READY IN



30 min.

SERVINGS



10

CALORIES



166 kcal

BREAD

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.5 cup cornmeal
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup milk
- ☐ 0.5 cup potato flakes instant mashed
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup vegetable oil

☐

2 tablespoons sugar white

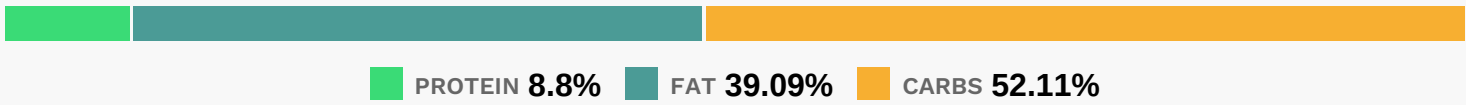
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 9x9 inch baking pan.
- ☐ Mix egg, milk and oil together. In a separate bowl, stir together flour, sugar, baking powder, salt, cornmeal and potato flakes. Stir egg mixture into flour mixture just until combined.
- ☐ Pour batter into prepared pan.
- ☐ Bake in preheated oven for 20 minutes, until a toothpick inserted into center of pan comes out clean.

Nutrition Facts



Properties

Glycemic Index:34.36, Glycemic Load:12.87, Inflammation Score:-2, Nutrition Score:5.5578261251035%

Nutrients (% of daily need)

Calories: 165.85kcal (8.29%), Fat: 7.26g (11.17%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 21.77g (7.26%), Net Carbohydrates: 20.49g (7.45%), Sugar: 3.84g (4.27%), Cholesterol: 19.3mg (6.43%), Sodium: 305.11mg (13.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.36%), Calcium: 129.75mg (12.98%), Vitamin B1: 0.17mg (11.14%), Phosphorus: 104.48mg (10.45%), Vitamin K: 10.42µg (9.93%), Selenium: 6.95µg (9.93%), Vitamin B2: 0.13mg (7.45%), Folate: 29.03µg (7.26%), Manganese: 0.14mg (7.19%), Iron: 1.11mg (6.17%), Vitamin B3: 1.15mg (5.76%), Fiber: 1.29g (5.14%), Vitamin B6: 0.1mg (4.86%), Magnesium: 17.13mg (4.28%), Vitamin E: 0.54mg (3.61%), Zinc: 0.51mg (3.42%), Potassium: 114.98mg (3.29%), Vitamin B5: 0.32mg (3.23%), Vitamin C: 2.43mg (2.95%), Vitamin B12: 0.17µg (2.85%), Vitamin D: 0.36µg (2.38%), Copper: 0.05mg (2.29%), Vitamin A: 63.62IU (1.27%)