



Cornbread Loaf

READY IN



25 min.

SERVINGS



8

CALORIES



124 kcal

BREAD

Ingredients

- 0.5 cup cornmeal
- 0.5 cup flour all-purpose
- 2 tablespoons sugar
- 2 teaspoons double-acting baking powder
- 0.3 teaspoon salt
- 1 eggs beaten
- 0.5 cup milk
- 2 tablespoons shortening melted

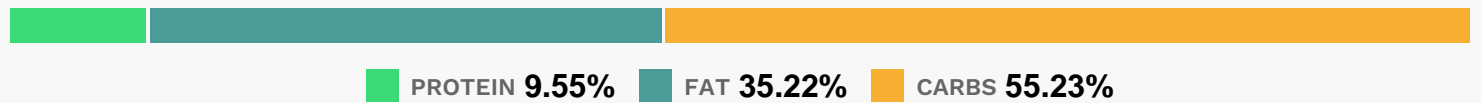
Equipment

- bowl
- frying pan
- oven
- loaf pan
- toothpicks

Directions

- Preheat oven to 425°. In a bowl, combine the cornmeal, flour, sugar, baking powder and salt. In another bowl, blend egg, milk and shortening; stir into dry ingredients.
- Pour into a greased 8x4-in. loaf pan.
- Bake at 425° for 15–18 minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes; remove from the pan and serve warm.

Nutrition Facts



Properties

Glycemic Index:42.95, Glycemic Load:11.25, Inflammation Score:-1, Nutrition Score:3.7704347942186%

Nutrients (% of daily need)

Calories: 123.98kcal (6.2%), Fat: 4.88g (7.51%), Saturated Fat: 1.37g (8.57%), Carbohydrates: 17.22g (5.74%), Net Carbohydrates: 16.08g (5.85%), Sugar: 3.92g (4.36%), Cholesterol: 22.29mg (7.43%), Sodium: 192.99mg (8.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.96%), Calcium: 82.47mg (8.25%), Phosphorus: 79mg (7.9%), Selenium: 5.24µg (7.49%), Vitamin B1: 0.1mg (6.83%), Manganese: 0.12mg (5.98%), Vitamin B2: 0.09mg (5.56%), Folate: 20.26µg (5.07%), Iron: 0.87mg (4.84%), Fiber: 1.15g (4.59%), Vitamin B6: 0.08mg (4.04%), Magnesium: 15.11mg (3.78%), Vitamin B3: 0.73mg (3.63%), Zinc: 0.5mg (3.31%), Vitamin B5: 0.26mg (2.56%), Vitamin B12: 0.13µg (2.19%), Potassium: 71.1mg (2.03%), Vitamin E: 0.3mg (2.02%), Copper: 0.04mg (1.99%), Vitamin D: 0.28µg (1.85%), Vitamin K: 1.81µg (1.72%), Vitamin A: 54.4IU (1.09%)