



Corny Corn Bread (Vegan and Wheat-Free)



Vegetarian



Vegan



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



289 kcal

Ingredients

- ☐ 0.3 cup agave nectar
- ☐ 2 teaspoons double-acting baking powder
- ☐ 3 tablespoons chia seeds
- ☐ 1.5 cups corn kernels frozen
- ☐ 1.5 cups cornmeal
- ☐ 1 teaspoon salt
- ☐ 1 cup rice flour
- ☐ 0.5 cup sucanat
- ☐ 1.5 cups warm water

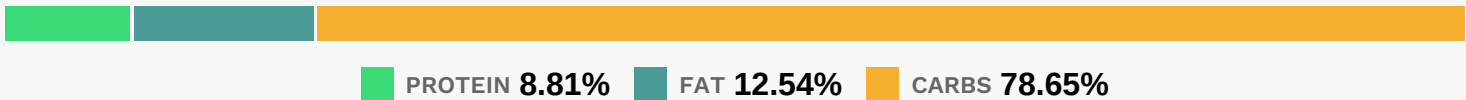
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease a loaf pan.
- ☐ Soak chia seeds in warm water in a bowl for 5 minutes; drain.
- ☐ Blend chia seeds in a blender until smooth; add sucanat and agave nectar. Blend the mixture again until smooth.
- ☐ Sift cornmeal, spelt flour, baking powder, and salt into a large mixing bowl.
- ☐ Add frozen corn kernels and chia seed mixture to the cornmeal mixture; stir and pour into prepared pan.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, 25 to 30 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:21.94, Glycemic Load:14.01, Inflammation Score:-3, Nutrition Score:7.2326087472231%

Nutrients (% of daily need)

Calories: 288.67kcal (14.43%), Fat: 4.04g (6.22%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 57.03g (19.01%), Net Carbohydrates: 50.05g (18.2%), Sugar: 18.9g (21%), Cholesterol: 0mg (0%), Sodium: 465mg (20.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.39g (12.78%), Fiber: 6.98g (27.92%), Manganese: 0.36mg (17.78%), Phosphorus: 142.03mg (14.2%), Magnesium: 52.01mg (13%), Iron: 2.21mg (12.26%), Vitamin B6: 0.2mg (10.17%), Calcium: 92.95mg (9.29%), Vitamin B1: 0.14mg (9.14%), Zinc: 1.24mg (8.26%), Vitamin B3: 1.49mg (7.44%), Copper: 0.13mg (6.65%), Selenium: 4.58µg (6.54%), Folate: 25.78µg (6.45%), Potassium: 159.06mg (4.54%), Vitamin B2: 0.07mg (4.36%), Vitamin B5: 0.29mg (2.87%), Vitamin C: 1.73mg (2.1%), Vitamin K: 1.61µg (1.53%), Vitamin E: 0.23mg (1.52%)