



Dominican Corn Bread

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



185 kcal

BREAD

Ingredients

- 2 tsp calumet baking powder
- 3 Tbsp brown sugar dark
- 1 eggs beaten
- 0.5 cup baker's angel flake coconut
- 0.5 cup flour
- 1 tsp ground cinnamon
- 0.5 cup milk
- 1 tsp nutmeg freshly grated

- 0.5 cup raisins
- 0.5 tsp salt
- 0.8 cup cornmeal yellow

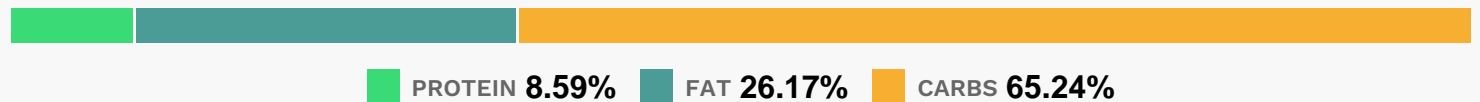
Equipment

- bowl
- oven

Directions

- Heat oven to 425F.
- Mix first 6 ingredients in large bowl. Stir in remaining ingredients until well blended.
- Pour into 9-inch pie plate sprayed with cooking spray.
- Bake 15 min. or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:50.91, Glycemic Load:15.26, Inflammation Score:-2, Nutrition Score:6.1634782254696%

Nutrients (% of daily need)

Calories: 184.59kcal (9.23%), Fat: 5.55g (8.53%), Saturated Fat: 3.75g (23.45%), Carbohydrates: 31.11g (10.37%), Net Carbohydrates: 27.78g (10.1%), Sugar: 5.85g (6.5%), Cholesterol: 22.29mg (7.43%), Sodium: 298.04mg (12.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.19%), Manganese: 0.39mg (19.46%), Fiber: 3.33g (13.31%), Phosphorus: 114.37mg (11.44%), Calcium: 108.86mg (10.89%), Selenium: 6.63µg (9.47%), Vitamin B1: 0.13mg (8.74%), Iron: 1.52mg (8.45%), Vitamin B6: 0.15mg (7.29%), Magnesium: 29.1mg (7.28%), Vitamin B2: 0.12mg (7.1%), Copper: 0.13mg (6.37%), Folate: 22.97µg (5.74%), Potassium: 199.06mg (5.69%), Zinc: 0.79mg (5.25%), Vitamin B3: 1mg (4.98%), Vitamin B5: 0.32mg (3.18%), Vitamin B12: 0.13µg (2.19%), Vitamin D: 0.28µg (1.85%), Vitamin A: 55.64IU (1.11%), Vitamin E: 0.16mg (1.04%)