



Double Corn Bread

READY IN



45 min.

SERVINGS



9

CALORIES



203 kcal

BREAD

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 cup whole-kernel corn frozen thawed
- 1 large eggs lightly beaten
- 1 cup flour all-purpose
- 1 cup buttermilk low-fat
- 0.5 cup bell pepper diced red
- 0.5 teaspoon salt
- 4 tablespoons stick margarine melted

- 2 tablespoons sugar
- 1 cup cornmeal yellow

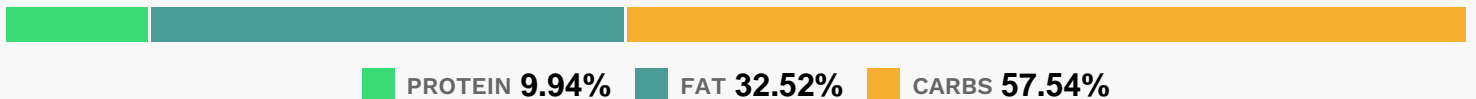
Equipment

- bowl
- oven
- knife
- baking pan
- measuring cup

Directions

- Preheat oven to 425
- Lightly spoon flour into a dry measuring cup, and level with a knife.
- Combine flour and next 5 ingredients (flour through baking soda) in a large bowl, and make a well in center of mixture.
- Combine buttermilk and next 4 ingredients (buttermilk through egg) in a bowl; add to flour mixture. Stir just until moist. Spoon batter into an 8-inch square baking pan coated with cooking spray.
- Bake at 425 for 20 minutes or until a wooden pick inserted in center comes out clean.
- Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:37.51, Glycemic Load:17.54, Inflammation Score:-5, Nutrition Score:7.1678260461144%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 203.25kcal (10.16%), Fat: 7.42g (11.42%), Saturated Fat: 1.68g (10.5%), Carbohydrates: 29.56g (9.85%), Net Carbohydrates: 27.16g (9.88%), Sugar: 5.02g (5.58%), Cholesterol: 21.73mg (7.24%), Sodium: 413.56mg (17.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.11g (10.21%), Vitamin C: 11.02mg (13.36%), Vitamin B1: 0.18mg (12.12%), Phosphorus: 116.81mg (11.68%), Selenium: 8.09µg (11.56%), Manganese: 0.23mg (11.51%), Vitamin A: 540.89IU (10.82%), Folate: 42.61µg (10.65%), Vitamin B2: 0.17mg (9.98%), Fiber: 2.39g (9.57%), Calcium: 92.35mg (9.23%), Iron: 1.44mg (8.02%), Vitamin B6: 0.16mg (7.85%), Vitamin B3: 1.45mg (7.25%), Magnesium: 28.18mg (7.04%), Zinc: 0.88mg (5.86%), Potassium: 152.19mg (4.35%), Vitamin B5: 0.39mg (3.89%), Copper: 0.07mg (3.72%), Vitamin E: 0.49mg (3.25%), Vitamin B12: 0.11µg (1.91%)