



Dr. Michael's Yeasted Cornbread

READY IN



185 min.

SERVINGS



4

CALORIES



649 kcal

Ingredients

- ☐ 2.5 teaspoons active yeast dry
- ☐ 3.5 cups bread flour
- ☐ 0.5 cup cornmeal
- ☐ 1 eggs
- ☐ 1 cup milk
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons shortening
- ☐ 0.1 cup water
- ☐ 3 tablespoons sugar white

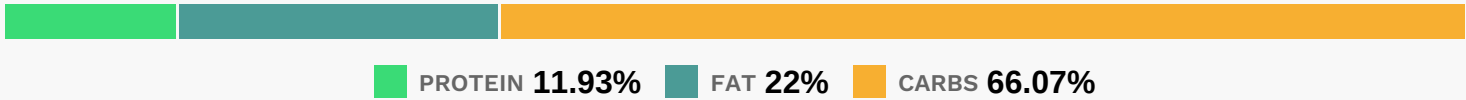
Equipment

- ☐ frying pan
- ☐ aluminum foil
- ☐ bread machine

Directions

- ☐ Place the ingredients in the bread machine pan in the order suggested by the manufacturer.
- ☐ Select the Basic or White Bread setting, and start the machine.
- ☐ Transfer the bread from the pan to a rack to cool. Wrap in foil to store.

Nutrition Facts



Properties

Glycemic Index:60.9, Glycemic Load:67.4, Inflammation Score:-6, Nutrition Score:16.150000002478%

Nutrients (% of daily need)

Calories: 649.33kcal (32.47%), Fat: 15.76g (24.24%), Saturated Fat: 4.37g (27.33%), Carbohydrates: 106.51g (35.5%), Net Carbohydrates: 101.5g (36.91%), Sugar: 12.61g (14.01%), Cholesterol: 48.24mg (16.08%), Sodium: 624.99mg (27.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.23g (38.47%), Selenium: 49.36µg (70.51%), Manganese: 1.01mg (50.35%), Vitamin B1: 0.4mg (26.77%), Phosphorus: 246.59mg (24.66%), Folate: 93.52µg (23.38%), Fiber: 5.02g (20.07%), Vitamin B2: 0.3mg (17.53%), Magnesium: 58.39mg (14.6%), Zinc: 2.1mg (13.97%), Copper: 0.27mg (13.32%), Vitamin B5: 1.32mg (13.21%), Vitamin B3: 2.44mg (12.19%), Vitamin B6: 0.24mg (12.15%), Iron: 1.83mg (10.16%), Calcium: 100.14mg (10.01%), Potassium: 298.92mg (8.54%), Vitamin E: 1.25mg (8.3%), Vitamin B12: 0.43µg (7.14%), Vitamin D: 0.89µg (5.94%), Vitamin K: 5.7µg (5.43%), Vitamin A: 160.41IU (3.21%)