



Easy Corn Bread

READY IN



45 min.

SERVINGS



8

CALORIES



200 kcal

Ingredients

- 0.5 cup flour
- 2 teaspoons double-acting baking powder
- 0.8 cup corn canned
- 1 large eggs beaten to blend
- 0.8 teaspoon salt
- 3 tablespoons sugar
- 0.3 cup butter unsalted cooled melted ()
- 1 cup cornmeal yellow

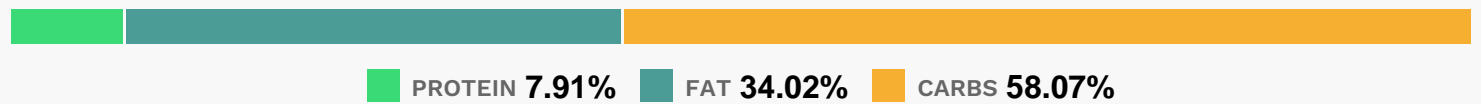
Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan

Directions

- Position rack in center of oven; preheat to 400F. Butter 8-inch square baking pan.
- Whisk cornmeal, flour, sugar, baking powder and salt in large bowl to blend.
- Add creamed corn, butter and egg. Stir just until blended. Spoon batter into pan.
- Bake until edges begin to pull away from pan sides and tester inserted into center comes out clean, about 20 minutes. Cool in pan on rack.

Nutrition Facts



Properties

Glycemic Index:38.2, Glycemic Load:16.35, Inflammation Score:-3, Nutrition Score:5.3369565191476%

Nutrients (% of daily need)

Calories: 199.69kcal (9.98%), Fat: 7.71g (11.86%), Saturated Fat: 4.07g (25.47%), Carbohydrates: 29.6g (9.87%), Net Carbohydrates: 27.23g (9.9%), Sugar: 5.62g (6.25%), Cholesterol: 38.5mg (12.83%), Sodium: 397.31mg (17.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.06%), Phosphorus: 101.38mg (10.14%), Manganese: 0.2mg (9.99%), Fiber: 2.37g (9.48%), Vitamin B1: 0.13mg (8.64%), Folate: 34.52µg (8.63%), Selenium: 5.96µg (8.51%), Vitamin B6: 0.15mg (7.33%), Iron: 1.27mg (7.07%), Magnesium: 28.23mg (7.06%), Calcium: 67.23mg (6.72%), Vitamin B2: 0.1mg (5.98%), Vitamin B3: 1.19mg (5.95%), Zinc: 0.89mg (5.91%), Vitamin A: 228.78IU (4.58%), Copper: 0.08mg (3.9%), Potassium: 115.18mg (3.29%), Vitamin B5: 0.3mg (2.99%), Vitamin E: 0.33mg (2.17%), Vitamin D: 0.23µg (1.54%), Vitamin C: 0.98mg (1.19%), Vitamin B12: 0.07µg (1.13%)