

# Easy Cornbread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



192 kcal

BREAD

## Ingredients

- 1.5 teaspoons double-acting baking powder
- 2 large eggs
- 0.5 cup flour all-purpose
- 0.3 cup granulated sugar
- 1.5 cups cornmeal yellow finely
- 1 teaspoon salt fine
- 6 tablespoons butter unsalted melted plus more for coating the baking dish ()
- 1.5 cups milk whole

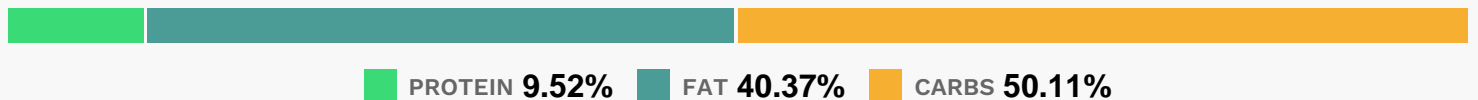
## Equipment

- bowl
- oven
- whisk
- wire rack
- baking pan
- toothpicks
- spatula

## Directions

- Heat the oven to 425°F and arrange a rack in the middle. Coat an 8-by-8-inch baking dish with butter; set aside.
- Place the cornmeal, flour, sugar, baking powder, and salt in a large bowl and whisk to combine.
- Place the milk and eggs in a medium bowl and whisk until the eggs are broken up.
- Pour the milk mixture into the cornmeal mixture and, using a rubber spatula, stir until just incorporated. (Do not overmix.) Stir in the melted butter until just incorporated and no streaks of butter remain.
- Pour the mixture into the prepared dish.
- Bake until golden brown around the edges and a toothpick inserted into the center comes out clean, about 20 to 25 minutes.
- Remove the dish to a wire rack and let cool for at least 15 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:28.63, Glycemic Load:15.1, Inflammation Score:-3, Nutrition Score:5.3134782469791%

## Nutrients (% of daily need)

Calories: 191.99kcal (9.6%), Fat: 8.68g (13.35%), Saturated Fat: 4.64g (29%), Carbohydrates: 24.24g (8.08%), Net Carbohydrates: 22.23g (8.08%), Sugar: 5.98g (6.65%), Cholesterol: 49.71mg (16.57%), Sodium: 271.92mg (11.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.21%), Phosphorus: 110.28mg (11.03%), Selenium: 6.19µg (8.85%), Manganese: 0.17mg (8.37%), Vitamin B1: 0.12mg (8.08%), Fiber: 2.01g (8.04%), Vitamin B6: 0.15mg (7.63%), Calcium: 75.38mg (7.54%), Vitamin B2: 0.13mg (7.5%), Magnesium: 27.35mg (6.84%), Zinc: 0.89mg (5.95%), Iron: 1.04mg (5.79%), Vitamin A: 269.34IU (5.39%), Folate: 20.42µg (5.1%), Vitamin B3: 0.84mg (4.2%), Vitamin B12: 0.25µg (4.18%), Vitamin D: 0.61µg (4.05%), Vitamin B5: 0.39mg (3.9%), Potassium: 128.72mg (3.68%), Copper: 0.06mg (3.18%), Vitamin E: 0.34mg (2.28%)