

Fluffy Gluten-Free Cornbread



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



230 kcal

Ingredients



1 tablespoon double-acting baking powder



1.5 cups cornmeal fine



2 eggs lightly beaten



1 cup millet flour



1 cup rice flour



1 teaspoon salt



0.3 cup vegetable oil



1.5 cups water lukewarm



0.3 cup sugar white

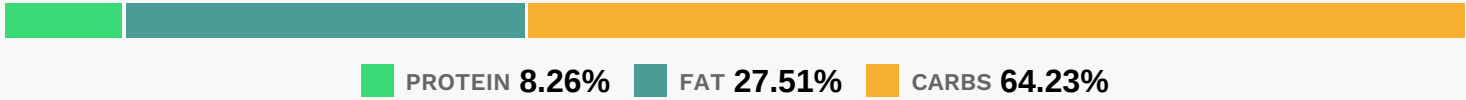
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat an oven to 400 degrees F (200 degrees C). Grease a 9x9 inch baking pan.
- ☐ Whisk together the eggs, water, and vegetable oil in a bowl until evenly blended; set aside. Stir together the cornmeal, millet flour, rice flour, sugar, baking powder and salt in a separate large bowl, and make a well in the center.
- ☐ Pour the liquid mixture into the well and stir just until combined.
- ☐ Pour the batter into the prepared baking pan and bake in the preheated oven until golden and the top springs back when lightly pressed, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:33.8, Glycemic Load:26.3, Inflammation Score:-2, Nutrition Score:6.4452174098595%

Nutrients (% of daily need)

Calories: 229.63kcal (11.48%), Fat: 7.04g (10.82%), Saturated Fat: 1.23g (7.72%), Carbohydrates: 36.96g (12.32%), Net Carbohydrates: 34.42g (12.52%), Sugar: 4.68g (5.2%), Cholesterol: 27.28mg (9.09%), Sodium: 312.92mg (13.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.5%), Manganese: 0.39mg (19.52%), Selenium: 8.75µg (12.51%), Phosphorus: 122.72mg (12.27%), Vitamin B6: 0.23mg (11.25%), Fiber: 2.54g (10.16%), Magnesium: 39.28mg (9.82%), Vitamin B1: 0.12mg (8.15%), Vitamin K: 8.49µg (8.09%), Zinc: 1.08mg (7.23%), Vitamin B3: 1.44mg (7.22%), Iron: 1.28mg (7.1%), Calcium: 67.84mg (6.78%), Copper: 0.13mg (6.47%), Vitamin B5: 0.47mg (4.67%), Folate: 14.94µg (3.73%), Vitamin B2: 0.06mg (3.7%), Vitamin E: 0.55mg (3.65%), Potassium: 106.97mg (3.06%), Vitamin B12: 0.07µg (1.09%)