

## 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

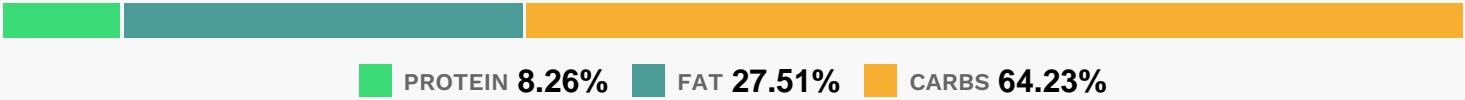
# Equipment

- ☐ 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%)