



WHATSheATE



Gluten-Free & Vegan Cornbread



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



134 kcal

BREAD

Ingredients

- ☐ 1.3 cups vanilla almond milk lukewarm
- ☐ 1 tsp bicarbonate of soda (baking soda)
- ☐ 1 tsp cream of tartar
- ☐ 2 eggs' worth of egg replacer
- ☐ 30 g brown sugar light packed (2 tablespoons,)
- ☐ 1 cup polenta fine
- ☐ 0.5 tsp salt
- ☐ 3.5 tablespoons vegetable oil

☐ 1 cup flour plain gluten-free white

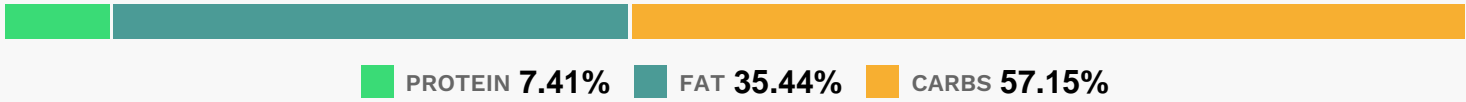
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ cake form

Directions

- ☐ Preheat your oven to 325°F (160C).Measure all the dry ingredients into a mixing bowl.Make a well in the centre and pour in the warmed milk and vegetable oil.Beat well to make a smooth batter.
- ☐ Pour the mixture into a 20 x 20cm [8-inch] shallow cake tin and bake in a preheated oven for 25 minutes, or until golden.Leave the cornbread to cool slightly, then cut it into squares or fingers.
- ☐ Serve warm with soup, or cold with spread and jam for breakfast!

Nutrition Facts



Properties

Glycemic Index:5.71, Glycemic Load:5.76, Inflammation Score:-1, Nutrition Score:2.5369565130576%

Nutrients (% of daily need)

Calories: 133.8kcal (6.69%), Fat: 5.42g (8.34%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 19.66g (6.55%), Net Carbohydrates: 17.32g (6.3%), Sugar: 3.03g (3.37%), Cholesterol: 0.95mg (0.32%), Sodium: 238.32mg (10.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.1%), Fiber: 2.34g (9.38%), Vitamin K: 7.32µg (6.97%), Iron: 0.79mg (4.4%), Manganese: 0.09mg (4.37%), Calcium: 41.41mg (4.14%), Vitamin B6: 0.08mg (3.97%), Magnesium: 14.52mg (3.63%), Phosphorus: 30.72mg (3.07%), Zinc: 0.42mg (2.77%), Vitamin B1: 0.04mg (2.68%), Potassium: 88.5mg (2.53%), Vitamin E: 0.38mg (2.5%), Copper: 0.03mg (1.71%), Vitamin B3: 0.33mg (1.65%), Selenium: 1.04µg (1.48%), Folate: 4.74µg (1.18%)