



WHATSheATE



Golden Sweet Cornbread



Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



305 kcal

BREAD

Ingredients

- ☐ 3.5 teaspoons double-acting baking powder
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup milk
- ☐ 1 teaspoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 0.7 cup sugar white
- ☐ 1 cup cornmeal yellow

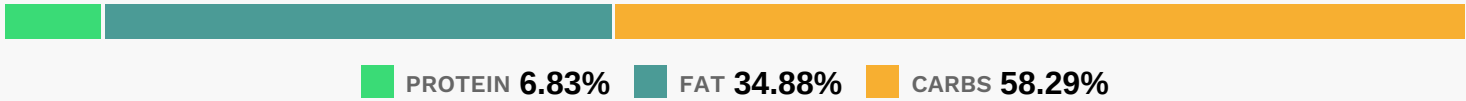
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Spray or lightly grease a 9 inch round cake pan.
- ☐ In a large bowl, combine flour, cornmeal, sugar, salt and baking powder. Stir in egg, milk and vegetable oil until well combined.
- ☐ Pour batter into prepared pan.
- ☐ Bake in preheated oven for 20 to 25 minutes, or until a toothpick inserted into the center of the loaf comes out clean.

Nutrition Facts



Properties

Glycemic Index:42.95, Glycemic Load:29.89, Inflammation Score:-3, Nutrition Score:7.5843477715617%

Nutrients (% of daily need)

Calories: 304.75kcal (15.24%), Fat: 11.96g (18.4%), Saturated Fat: 2.36g (14.73%), Carbohydrates: 44.96g (14.99%), Net Carbohydrates: 42.67g (15.52%), Sugar: 18.47g (20.53%), Cholesterol: 24.12mg (8.04%), Sodium: 496.86mg (21.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.53%), Vitamin K: 16.9µg (16.09%), Calcium: 147.31mg (14.73%), Phosphorus: 141.63mg (14.16%), Vitamin B1: 0.2mg (13.44%), Selenium: 8.86µg (12.66%), Manganese: 0.24mg (11.92%), Vitamin B2: 0.17mg (9.77%), Folate: 37.94µg (9.48%), Fiber: 2.29g (9.17%), Iron: 1.62mg (9.01%), Vitamin B6: 0.15mg (7.6%), Magnesium: 29.5mg (7.38%), Vitamin B3: 1.45mg (7.25%), Zinc: 0.92mg (6.16%), Vitamin E: 0.9mg (5.99%), Potassium: 134.8mg (3.85%), Vitamin B5: 0.38mg (3.85%), Copper: 0.08mg (3.82%), Vitamin B12: 0.21µg (3.56%), Vitamin D: 0.45µg (2.97%), Vitamin A: 79.11IU (1.58%)