



## Honey Sweet Corn Bread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



140 kcal

BREAD

### Ingredients

- 4 teaspoons double-acting baking powder
- 2 tablespoons butter melted
- 1 cup cornmeal
- 1 eggs
- 1 cup flour
- 2 tablespoons honey
- 3 teaspoons milk
- 0.5 teaspoon salt

- 1 teaspoon vanilla
- 0.3 cup granulated sugar white

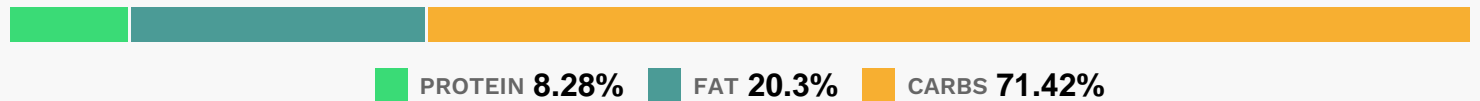
## Equipment

- frying pan
- oven

## Directions

- Start off by mixing your dry ingredients together; the corn meal, flour, baking powder, sugar, and salt. Next up, you'll mix together your vanilla, honey, egg, and milk. Now add it to the dry mixture and combine well. Finally, you'll stir in the melted butter. Now, pour the mixture into a greased up 9x9 pan and cook it in an oven preheated to 350 degrees for 25 minutes.

## Nutrition Facts



## Properties

Glycemic Index: 37.16, Glycemic Load: 16.29, Inflammation Score: -2, Nutrition Score: 4.0095652173913%

## Taste

Sweetness: 100%, Saltiness: 25.06%, Sourness: 3.19%, Bitterness: 1.77%, Savoriness: 12.04%, Fattiness: 48.9%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 139.87kcal (6.99%), Fat: 3.18g (4.89%), Saturated Fat: 1.49g (9.32%), Carbohydrates: 25.14g (8.38%), Net Carbohydrates: 23.6g (8.58%), Sugar: 7.38g (8.2%), Cholesterol: 18.81mg (6.27%), Sodium: 259.86mg (11.3%), Protein: 2.91g (5.83%), Calcium: 85.2mg (8.52%), Vitamin B1: 0.12mg (8.26%), Manganese: 0.16mg (8.06%), Phosphorus: 79.52mg (7.95%), Selenium: 5.55µg (7.94%), Folate: 25.43µg (6.36%), Iron: 1.11mg (6.16%), Fiber: 1.54g (6.15%), Vitamin B2: 0.09mg (5.03%), Vitamin B3: 0.95mg (4.76%), Vitamin B6: 0.09mg (4.54%), Magnesium: 17.58mg (4.39%), Zinc: 0.55mg (3.65%), Copper: 0.05mg (2.59%), Vitamin B5: 0.19mg (1.9%), Potassium: 63.99mg (1.83%), Vitamin A: 80.14IU (1.6%)