



Light Cornbread Squares

READY IN



25 min.

SERVINGS



9

CALORIES



177 kcal

BREAD

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.3 cup egg substitute frozen thawed
- 0.5 cup flour all-purpose
- 1.7 cups nonfat buttermilk
- 0.3 teaspoon salt
- 2 teaspoons sugar
- 2 tablespoons vegetable oil
- 1.5 cups cornmeal yellow

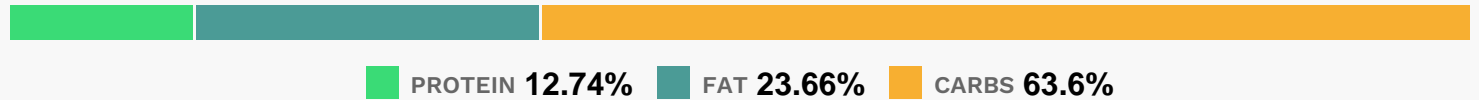
Equipment

- bowl
- frying pan
- oven

Directions

- Combine first 6 ingredients in a large bowl; make a well in center of mixture.
- Combine buttermilk, egg substitute, and oil; add to dry ingredients, stirring just until dry ingredients are moistened.
- Pour batter into an 8-inch square pan coated with cooking spray.
- Bake at 400 for 22 to 25 minutes or until golden.
- Cut into squares.

Nutrition Facts



Properties

Glycemic Index:33.95, Glycemic Load:16.09, Inflammation Score:-2, Nutrition Score:5.1639130452405%

Nutrients (% of daily need)

Calories: 177.26kcal (8.86%), Fat: 4.65g (7.16%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 28.13g (9.38%), Net Carbohydrates: 25.45g (9.26%), Sugar: 3.64g (4.05%), Cholesterol: 0.88mg (0.29%), Sodium: 288.09mg (12.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.64g (11.27%), Manganese: 0.22mg (10.89%), Fiber: 2.68g (10.72%), Selenium: 6.7µg (9.58%), Vitamin B1: 0.14mg (9.47%), Vitamin B6: 0.17mg (8.41%), Phosphorus: 81.66mg (8.17%), Magnesium: 31mg (7.75%), Iron: 1.3mg (7.21%), Zinc: 0.94mg (6.24%), Folate: 22.78µg (5.7%), Vitamin K: 5.64µg (5.38%), Vitamin B3: 1.07mg (5.37%), Vitamin B2: 0.08mg (4.99%), Calcium: 39.36mg (3.94%), Copper: 0.08mg (3.79%), Potassium: 107.08mg (3.06%), Vitamin E: 0.46mg (3.04%), Vitamin B5: 0.3mg (2.99%)