



McPherson Corn Bread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



101 kcal

BREAD

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 large egg whites lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups skim milk
- ☐ 1 cup cornmeal yellow

Equipment

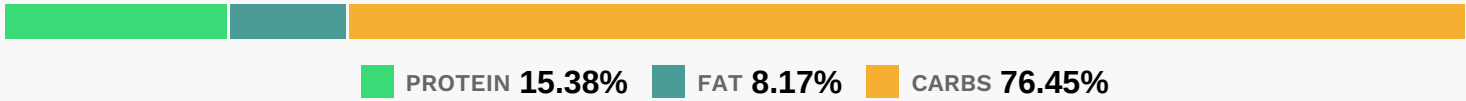
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Combine first 4 ingredients in a bowl; stir well.
- ☐ Combine milk and egg whites, and add to flour mixture, stirring just until moist.
- ☐ Pour batter into a 9-inch square baking pan coated with cooking spray.
- ☐ Bake at 400 for 20 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Remove from pan; let cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:22.4, Glycemic Load:12.18, Inflammation Score:-2, Nutrition Score:4.4091303991559%

Nutrients (% of daily need)

Calories: 100.86kcal (5.04%), Fat: 0.91g (1.4%), Saturated Fat: 0.17g (1.04%), Carbohydrates: 19.17g (6.39%), Net Carbohydrates: 17.64g (6.42%), Sugar: 1.56g (1.74%), Cholesterol: 0.77mg (0.26%), Sodium: 223.23mg (9.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.71%), Calcium: 95.25mg (9.52%), Phosphorus: 91.1mg (9.11%), Vitamin B1: 0.14mg (9.07%), Selenium: 5.94µg (8.48%), Manganese: 0.16mg (7.89%), Vitamin B2: 0.12mg (7.14%), Fiber: 1.53g (6.11%), Folate: 24.3µg (6.07%), Iron: 0.99mg (5.53%), Magnesium: 20.41mg (5.1%), Vitamin B3: 0.98mg (4.89%), Vitamin B6: 0.1mg (4.89%), Zinc: 0.6mg (4%), Potassium: 105.62mg (3.02%), Vitamin B12: 0.15µg (2.55%), Copper: 0.05mg (2.45%), Vitamin B5: 0.23mg (2.26%), Vitamin D: 0.28µg (1.87%), Vitamin A: 52.06IU (1.04%)