



Molasses Mistake Cornbread

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



90 kcal

BREAD

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.7 cup cornmeal
- ☐ 1 eggs beaten
- ☐ 0.8 cup flour all-purpose
- ☐ 1 cup milk
- ☐ 2 tablespoons blackstrap molasses
- ☐ 1 teaspoon salt

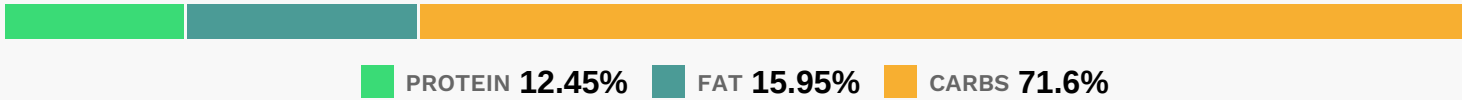
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Lightly grease an 8x8 inch baking pan.
- ☐ In a large bowl, stir together cornmeal, flour, baking powder and salt. In a separate bowl, stir together egg, milk and molasses. Stir egg mixture into flour mixture; mix until blended.
- ☐ Pour batter into prepared pan.
- ☐ Bake in preheated oven for 15 to 20 minutes, until golden brown and a toothpick inserted into center of pan comes out clean.

Nutrition Facts



Properties

Glycemic Index:26.46, Glycemic Load:9.86, Inflammation Score:-2, Nutrition Score:3.9721739156091%

Nutrients (% of daily need)

Calories: 90kcal (4.5%), Fat: 1.6g (2.46%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 16.14g (5.38%), Net Carbohydrates: 15.1g (5.49%), Sugar: 3.64g (4.04%), Cholesterol: 16.08mg (5.36%), Sodium: 314.47mg (13.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.61%), Calcium: 94.48mg (9.45%), Manganese: 0.16mg (8.17%), Phosphorus: 79.05mg (7.91%), Selenium: 5.29µg (7.55%), Vitamin B1: 0.1mg (6.8%), Magnesium: 22.39mg (5.6%), Vitamin B2: 0.09mg (5.39%), Iron: 0.96mg (5.33%), Vitamin B6: 0.1mg (4.83%), Folate: 19.02µg (4.76%), Fiber: 1.04g (4.17%), Vitamin B3: 0.73mg (3.67%), Potassium: 121.27mg (3.46%), Zinc: 0.47mg (3.13%), Copper: 0.05mg (2.6%), Vitamin B5: 0.25mg (2.46%), Vitamin B12: 0.14µg (2.37%), Vitamin D: 0.3µg (1.98%), Vitamin A: 52.74IU (1.05%)