

Pepita Corn Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



147 kcal

BREAD

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup corn kernels
- ☐ 1.5 cups cornmeal
- ☐ 3 large eggs
- ☐ 6.8 ounces flour all-purpose
- ☐ 2 tablespoons honey
- ☐ 1.3 cups buttermilk low-fat
- ☐ 2 tablespoons olive oil

☐ 1 teaspoon salt

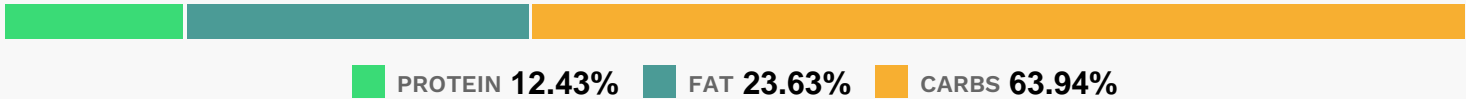
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour and cornmeal into dry measuring cups; level with a knife.
- ☐ Combine flour, cornmeal, baking soda, and salt in a large bowl.
- ☐ Combine buttermilk, oil, honey, and eggs.
- ☐ Add buttermilk mixture to cornmeal mixture; stir just until moist (batter will look slightly lumpy). Spoon batter into an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Sprinkle batter evenly with pumpkinseeds.
- ☐ Bake at 350 for 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:12.24, Glycemic Load:14.21, Inflammation Score:-2, Nutrition Score:4.9673912602922%

Nutrients (% of daily need)

Calories: 147.42kcal (7.37%), Fat: 3.88g (5.97%), Saturated Fat: 0.84g (5.26%), Carbohydrates: 23.61g (7.87%), Net Carbohydrates: 21.81g (7.93%), Sugar: 3.5g (3.89%), Cholesterol: 35.63mg (11.88%), Sodium: 262.78mg (11.43%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.18%), Selenium: 8.24µg (11.78%), Vitamin B1: 0.15mg (10%), Manganese: 0.19mg (9.32%), Vitamin B2: 0.15mg (8.75%), Folate: 33.62µg (8.4%), Phosphorus: 83.38mg (8.34%), Fiber: 1.8g (7.19%), Iron: 1.21mg (6.7%), Vitamin B6: 0.12mg (5.87%), Vitamin B3: 1.13mg (5.65%), Magnesium: 22.27mg (5.57%), Zinc: 0.76mg (5.08%), Vitamin B5: 0.35mg (3.5%), Copper: 0.06mg (3.21%), Potassium: 107.97mg (3.08%), Calcium: 30.06mg (3.01%), Vitamin E: 0.43mg (2.83%), Vitamin B12: 0.12µg (2.08%), Vitamin D: 0.19µg (1.25%), Vitamin A: 60.97IU (1.22%), Vitamin K: 1.17µg (1.11%)