



Shaker Corn Bread

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



169 kcal

BREAD

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 3 tablespoons butter melted
- ☐ 0.5 cup egg substitute
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup corn kernels fresh 2 ears
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 2 tablespoons honey
- ☐ 1.5 cups milk 2% reduced-fat

- ☐ 1 teaspoon salt
- ☐ 1 cup cornmeal yellow

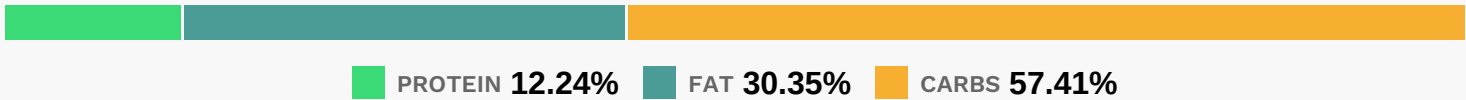
Equipment

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

Directions

- ☐ Preheat oven to 37
- ☐ Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 5 ingredients (through salt) in a large bowl.
- ☐ Combine egg substitute, milk, butter, and honey; stir with a whisk. Make a well in center of dry ingredients; add milk mixture. Stir just until combined. Spoon into a 9-inch baking pan coated with cooking spray.
- ☐ Bake at 375 for 35 minutes or until wooden pick inserted in center comes out clean. Cool in pan.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:39.2, Glycemic Load:11.95, Inflammation Score:-3, Nutrition Score:6.3565217412036%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 168.79kcal (8.44%), Fat: 5.85g (9.01%), Saturated Fat: 3.14g (19.59%), Carbohydrates: 24.92g (8.31%), Net Carbohydrates: 22.83g (8.3%), Sugar: 7.38g (8.21%), Cholesterol: 13.18mg (4.39%), Sodium: 478.18mg (20.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.63%), Calcium: 138.93mg (13.89%), Phosphorus: 134.2mg (13.42%), Selenium: 8.91µg (12.73%), Vitamin B2: 0.17mg (10.02%), Vitamin B1: 0.14mg (9.12%), Manganese: 0.18mg (8.76%), Fiber: 2.09g (8.36%), Magnesium: 32.56mg (8.14%), Vitamin B6: 0.15mg (7.74%), Iron: 1.22mg (6.78%), Zinc: 0.98mg (6.54%), Vitamin B5: 0.61mg (6.06%), Folate: 23.59µg (5.9%), Potassium: 192.09mg (5.49%), Vitamin B3: 0.99mg (4.95%), Vitamin A: 223.73IU (4.47%), Vitamin B12: 0.26µg (4.36%), Copper: 0.06mg (3.19%), Vitamin E: 0.41mg (2.74%), Vitamin C: 1.34mg (1.62%), Vitamin D: 0.21µg (1.42%)