



## Soft Croatian corn bread - proja

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



485 kcal

### Ingredients

- 1.5 cups flour
- 1 packet double-acting baking powder
- 0.5 cup grits instant ( polenta)
- 2 cups cornmeal
- 250 g curd cottage cheese
- 2 eggs
- 1 cup yogurt
- 0.5 cup olive oil
- 1 tsp salt

2 cups mineral water (approx.)

## Equipment

oven

baking pan

toothpicks

## Directions

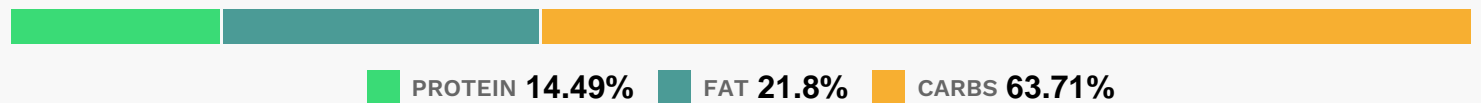
Mix and combine eggs, salt, corn and wheat flour, instant polenta, baking powder, olive oil, and yogurt

Gradually add as much mineral water as needed to make a quite thin batter.

Mix in and combine cottage cheese.

Pour batter into the baking pan lightly greased with butter and bake in oven at 220C for about 30 minutes or until the proja – corn bread is baked (trick with a toothpick).

## Nutrition Facts



## Properties

Glycemic Index:46.92, Glycemic Load:41.64, Inflammation Score:-5, Nutrition Score:16.274347826087%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Taste

Sweetness: 35%, Saltiness: 49.37%, Sourness: 64.86%, Bitterness: 37.53%, Savoriness: 27.85%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 485.28kcal (24.26%), Fat: 11.69g (17.99%), Saturated Fat: 3.15g (19.69%), Carbohydrates: 76.9g (25.63%), Net Carbohydrates: 70.86g (25.77%), Sugar: 4.06g (4.52%), Cholesterol: 66.95mg (22.32%), Sodium: 809.51mg (35.2%), Protein: 17.48g (34.97%), Selenium: 25.43µg (36.33%), Phosphorus: 347.7mg (34.77%), Vitamin B1: 0.45mg (30.01%), Manganese: 0.57mg (28.72%), Calcium: 248.78mg (24.88%), Fiber: 6.04g (24.15%), Vitamin B2: 0.4mg

(23.63%), Folate: 90.61µg (22.65%), Iron: 3.75mg (20.84%), Vitamin B6: 0.4mg (20.14%), Magnesium: 77.73mg (19.43%), Vitamin B3: 3.39mg (16.96%), Zinc: 2.51mg (16.75%), Vitamin B5: 1.13mg (11.31%), Copper: 0.21mg (10.49%), Potassium: 349.36mg (9.98%), Vitamin B12: 0.46µg (7.68%), Vitamin E: 0.95mg (6.3%), Vitamin A: 205.78IU (4.12%), Vitamin D: 0.38µg (2.51%), Vitamin K: 2.53µg (2.41%)