



## Southern-Style Corn Sticks

 Vegetarian

READY IN



14 min.

SERVINGS



14

CALORIES



28 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 egg white lightly beaten
- 0.3 cup flour all-purpose
- 0.1 teaspoon salt
- 0.3 cup skim milk
- 2 teaspoons sugar
- 1.5 teaspoons vegetable oil
- 0.3 cup cornmeal yellow

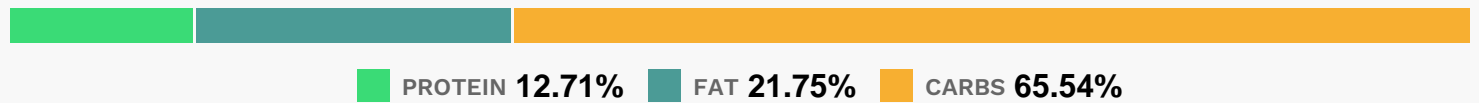
## Equipment

- bowl
- frying pan
- oven

## Directions

- Combine first 5 ingredients in a medium bowl; make a well in center of mixture.
- Combine milk, oil, and egg white; add to dry ingredients, stirring just until dry ingredients are moistened.
- Coat 4 molds of a cast-iron corn stick pan with cooking spray, and place in oven for 3 minutes or until hot.
- Remove pan from oven; spoon batter evenly into 4 molds, filling each three-fourths full.
- Bake at 425 for 14 minutes or until golden.

## Nutrition Facts



## Properties

Glycemic Index:24.2, Glycemic Load:2.97, Inflammation Score:-1, Nutrition Score:0.96043478017268%

## Nutrients (% of daily need)

Calories: 28.17kcal (1.41%), Fat: 0.68g (1.05%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 4.61g (1.54%), Net Carbohydrates: 4.28g (1.56%), Sugar: 0.86g (0.95%), Cholesterol: 0.13mg (0.04%), Sodium: 41.42mg (1.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.79%), Selenium: 1.45µg (2.07%), Vitamin B1: 0.03mg (1.91%), Vitamin B2: 0.03mg (1.7%), Manganese: 0.03mg (1.69%), Phosphorus: 16.93mg (1.69%), Calcium: 14.84mg (1.48%), Folate: 5.22µg (1.31%), Fiber: 0.33g (1.31%), Iron: 0.21mg (1.15%), Magnesium: 4.33mg (1.08%), Vitamin B3: 0.21mg (1.05%), Vitamin B6: 0.02mg (1.02%)