



Speckled Corn Bread

READY IN



45 min.

SERVINGS



12

CALORIES



119 kcal

Ingredients

- ☐ 1 cup whole-kernel corn frozen thawed
- ☐ 1.3 cups self-rising cornmeal mix yellow
- ☐ 2 large egg whites lightly beaten
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 teaspoon butter
- ☐ 1 cup bell pepper red chopped
- ☐ 0.7 cup self-rising flour
- ☐ 1.3 cups skim milk
- ☐ 1 teaspoon sugar

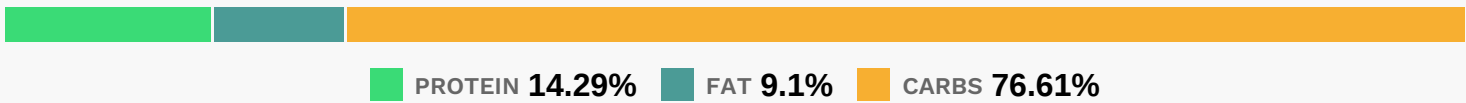
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ cake form

Directions

- ☐ Preheat oven to 40
- ☐ Melt margarine over medium-high heat in a nonstick skillet coated with cooking spray.
- ☐ Saute corn and bell pepper 8 minutes or until corn is lightly browned and pepper is tender; stir frequently.
- ☐ Let cool.
- ☐ Combine vegetable mixture, cornmeal mix, flour, sugar, and ground red pepper in a large bowl; add milk and egg whites, stirring until moist.
- ☐ Pour batter into a 9-inch round cake pan coated with cooking spray.
- ☐ Bake at 400 for 30 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Remove from pan; let cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:19.53, Glycemic Load:4.07, Inflammation Score:-6, Nutrition Score:6.9473912715912%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 119.07kcal (5.95%), Fat: 1.23g (1.89%), Saturated Fat: 0.22g (1.35%), Carbohydrates: 23.25g (7.75%), Net Carbohydrates: 21.35g (7.76%), Sugar: 2.81g (3.13%), Cholesterol: 0.77mg (0.26%), Sodium: 301.33mg (13.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.68%), Vitamin C: 16.13mg (19.55%), Phosphorus: 167.51mg (16.75%), Folate: 63.68µg (15.92%), Vitamin B1: 0.17mg (11.11%), Vitamin A: 524.9IU (10.5%), Vitamin B2: 0.17mg (9.8%), Calcium: 93.03mg (9.3%), Manganese: 0.18mg (9.19%), Fiber: 1.9g (7.59%), Vitamin B3: 1.35mg (6.74%), Vitamin B6: 0.13mg (6.61%), Selenium: 4.47µg (6.38%), Iron: 1.09mg (6.08%), Magnesium: 18.91mg (4.73%), Potassium: 142.47mg (4.07%), Zinc: 0.51mg (3.42%), Vitamin B5: 0.29mg (2.93%), Vitamin B12: 0.15µg (2.56%), Copper: 0.05mg (2.37%), Vitamin D: 0.28µg (1.87%), Vitamin E: 0.26mg (1.7%)