



## Swedish Corn Bread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



360 kcal

### Ingredients

- 2 cups flour
- 1 tablespoon double-acting baking powder
- 3 large eggs
- 1 teaspoon salt
- 1.5 cups sugar
- 0.5 cup butter unsalted room temperature (1 stick)
- 2 cups water
- 2 cups cornmeal yellow

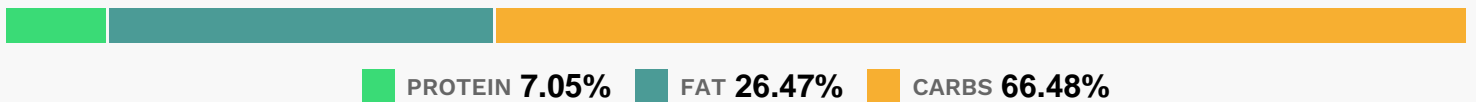
### Equipment

- bowl
- frying pan
- oven
- aluminum foil
- glass baking pan

## Directions

- Preheat oven to 400°F. Butter 13x9x2-inch glass baking dish. Beat sugar and butter in large bowl until blended.
- Add eggs and beat until well blended. Beat in 2 cups water and cornmeal. Sift flour, baking powder and salt into small bowl.
- Add to cornmeal mixture; stir just until blended.
- Transfer batter to prepared pan.
- Bake until bread is golden brown and tester inserted into center comes out clean, about 35 minutes.
- Transfer dish to rack and cool corn bread slightly.
- Serve warm or at room temperature. (Can be prepared 1 day ahead. Cool bread completely. Cover with foil and store at room temperature.)

## Nutrition Facts



## Properties

Glycemic Index:25.47, Glycemic Load:40.73, Inflammation Score:-4, Nutrition Score:7.9782608384671%

## Nutrients (% of daily need)

Calories: 360.06kcal (18%), Fat: 10.7g (16.47%), Saturated Fat: 5.56g (34.74%), Carbohydrates: 60.49g (20.16%), Net Carbohydrates: 57.43g (20.88%), Sugar: 25.47g (28.3%), Cholesterol: 66.84mg (22.28%), Sodium: 322.28mg (14.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.84%), Selenium: 12.74µg (18.2%), Vitamin B1: 0.25mg (16.57%), Manganese: 0.32mg (15.87%), Folate: 53.29µg (13.32%), Phosphorus: 131.05mg (13.11%), Fiber: 3.06g (12.22%), Iron: 2.1mg (11.69%), Vitamin B2: 0.19mg (11.33%), Vitamin B3: 1.9mg (9.49%), Vitamin B6: 0.19mg (9.35%), Magnesium: 35.3mg (8.82%), Zinc: 1.14mg (7.63%), Calcium: 74.3mg (7.43%), Vitamin A: 303.86IU (6.08%), Copper: 0.11mg (5.65%), Vitamin B5: 0.45mg (4.51%), Potassium: 127.88mg (3.65%), Vitamin E: 0.46mg (3.07%),

Vitamin D: 0.39 $\mu$ g (2.61%), Vitamin B12: 0.13 $\mu$ g (2.12%)