



Sweet Corn Bread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



237 kcal

BREAD

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 cup butter
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 cups milk
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar white
- ☐ 1 cup cornmeal yellow

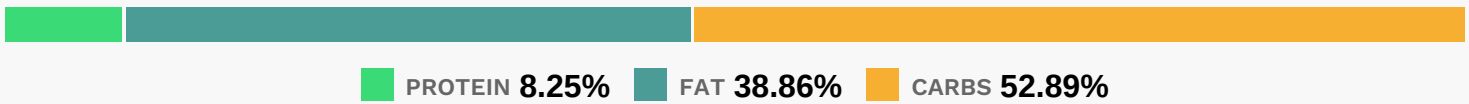
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease an 8-inch square pan.
- ☐ Beat butter and sugar together in a bowl until creamy.
- ☐ Add eggs; beat until combined. Stir in cornmeal.
- ☐ Sift flour, baking powder, and salt together in a separate bowl. Stir flour mixture, alternating with milk, into butter mixture until well combined.
- ☐ Pour batter into prepared pan.
- ☐ Bake in the preheated oven until a toothpick inserted in the center of the bread comes out clean, 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:32.8, Glycemic Load:20.92, Inflammation Score:-3, Nutrition Score:5.9982608945473%

Nutrients (% of daily need)

Calories: 236.79kcal (11.84%), Fat: 10.3g (15.85%), Saturated Fat: 5.82g (36.38%), Carbohydrates: 31.55g (10.52%), Net Carbohydrates: 29.88g (10.87%), Sugar: 10.07g (11.18%), Cholesterol: 51.28mg (17.09%), Sodium: 251.31mg (10.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.85%), Selenium: 9.07µg (12.96%), Vitamin B1: 0.18mg (12.19%), Phosphorus: 108.89mg (10.89%), Vitamin B2: 0.17mg (9.99%), Manganese: 0.2mg (9.77%), Folate: 36.83µg (9.21%), Calcium: 86.35mg (8.63%), Iron: 1.33mg (7.39%), Fiber: 1.67g (6.67%), Vitamin A: 325.37IU (6.51%), Vitamin B3: 1.29mg (6.46%), Vitamin B6: 0.12mg (5.82%), Magnesium: 22.53mg (5.63%), Zinc: 0.75mg (5%), Vitamin B12: 0.25µg (4.1%), Vitamin B5: 0.38mg (3.84%), Potassium: 117.84mg (3.37%), Vitamin D: 0.48µg (3.21%), Copper: 0.06mg (3.04%), Vitamin E: 0.37mg (2.47%)