

Sweet Corn Bread

 Vegetarian

READY IN



40 min.

SERVINGS



9

CALORIES



248 kcal

BREAD

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup butter melted
- ☐ 1 cup cornmeal
- ☐ 1 eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup milk
- ☐ 0.5 teaspoon salt

- ☐ 1 cup cup heavy whipping cream sour
- ☐ 0.3 cup sugar white

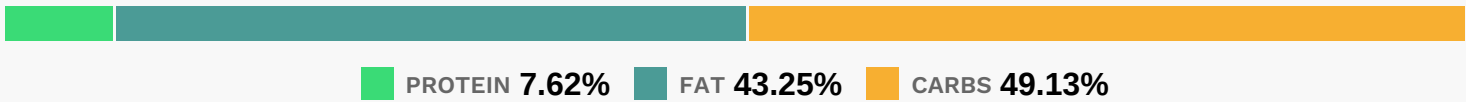
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 400 degrees F (205 degrees C). Lightly grease an 8-inch square baking dish.
- ☐ Combine flour, cornmeal, sugar, baking powder, baking soda, and salt in a large bowl.
- ☐ Mix egg, sour cream, milk, and butter in a small bowl. Fold egg mixture into flour mixture until just moistened; pour into prepared baking dish.
- ☐ Bake in preheated oven until a toothpick inserted near the center comes out clean, 20 to 25 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:43.73, Glycemic Load:19.45, Inflammation Score:-4, Nutrition Score:5.8721738755703%

Nutrients (% of daily need)

Calories: 248.13kcal (12.41%), Fat: 12.02g (18.49%), Saturated Fat: 6.35g (39.68%), Carbohydrates: 30.72g (10.24%), Net Carbohydrates: 28.68g (10.43%), Sugar: 7.19g (7.98%), Cholesterol: 47.91mg (15.97%), Sodium: 273.43mg (11.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.53%), Selenium: 8.48µg (12.12%), Vitamin B1: 0.17mg (11.63%), Manganese: 0.21mg (10.65%), Phosphorus: 99.36mg (9.94%), Vitamin B2: 0.17mg (9.76%), Folate: 35.44µg (8.86%), Fiber: 2.04g (8.14%), Iron: 1.31mg (7.25%), Vitamin A: 357.83IU (7.16%), Vitamin B6: 0.13mg (6.74%), Magnesium: 26.38mg (6.59%), Vitamin B3: 1.3mg (6.48%), Calcium: 57.51mg (5.75%), Zinc: 0.84mg (5.57%), Vitamin B5: 0.37mg (3.67%), Potassium: 125.69mg (3.59%), Copper: 0.07mg (3.57%), Vitamin B12: 0.16µg (2.61%), Vitamin E: 0.37mg (2.49%), Vitamin D: 0.2µg (1.31%)