



Sweet Country Cornbread (lighter)

READY IN



35 min.

SERVINGS



12

CALORIES



167 kcal

Ingredients

- ☐ 1 cup skim milk fat-free (skim)
- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup eggs fat-free
- ☐ 1.3 cups cornmeal white blue yellow
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup sugar
- ☐ 3 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon salt

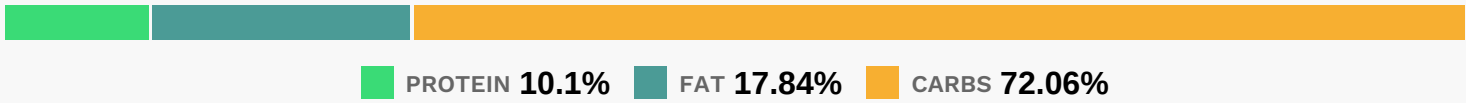
Equipment

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

Directions

- ☐ Heat oven to 400°F. Grease bottom and side of round pan, 9x1 1/2 inches, or square pan, 8x8x2 inches.
- ☐ Beat milk, margarine and egg product in large bowl. Stir in remaining ingredients all at once just until flour is moistened (batter will be lumpy).
- ☐ Pour batter into pan.
- ☐ Bake 20 to 25 minutes or until golden brown and toothpick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:22.53, Glycemic Load:12.15, Inflammation Score:-3, Nutrition Score:5.3060869494372%

Nutrients (% of daily need)

Calories: 167.41kcal (8.37%), Fat: 3.34g (5.14%), Saturated Fat: 0.72g (4.47%), Carbohydrates: 30.36g (10.12%), Net Carbohydrates: 28.35g (10.31%), Sugar: 9.64g (10.71%), Cholesterol: 19.44mg (6.48%), Sodium: 241.41mg (10.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.51%), Phosphorus: 111.94mg (11.19%), Vitamin B1: 0.15mg (9.79%), Calcium: 92.77mg (9.28%), Manganese: 0.18mg (9.04%), Fiber: 2.01g (8.02%), Selenium: 5.55µg (7.92%), Vitamin B2: 0.13mg (7.44%), Iron: 1.31mg (7.3%), Folate: 27.17µg (6.79%), Magnesium: 26.39mg (6.6%), Vitamin B5: 0.61mg (6.1%), Vitamin B6: 0.12mg (6.09%), Vitamin B3: 1.11mg (5.54%), Zinc: 0.77mg (5.12%), Potassium: 126.97mg (3.63%), Vitamin A: 152.45IU (3.05%), Copper: 0.06mg (2.8%), Vitamin B12: 0.17µg (2.76%), Vitamin D: 0.33µg (2.17%), Vitamin E: 0.19mg (1.29%)