



# Sweet Potato Corn Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



241 kcal

BREAD

## Ingredients

- 7 teaspoons double-acting baking powder
- 0.3 cup canola oil
- 2 cups cornmeal
- 4 eggs lightly beaten
- 2 cups flour all-purpose
- 0.8 cup milk
- 2 teaspoons salt
- 0.5 cup sugar

2.7 cups sweet potatoes and into cooked mashed

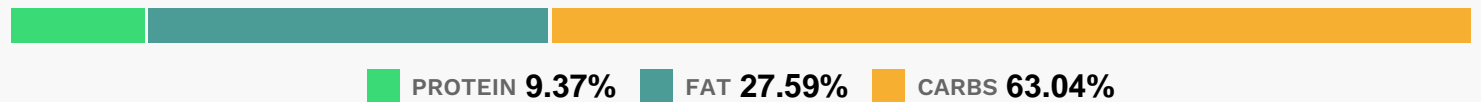
## Equipment

- bowl
- oven
- baking pan
- toothpicks

## Directions

- In a large bowl, combine the first five ingredients. In a small bowl, combine the eggs, milk, oil and sweet potatoes. Stir into dry ingredients just until moistened.
- Pour into a greased 13-in. x 9-in. baking pan.
- Bake at 425° for 30–35 minutes or until a toothpick inserted near the center comes out clean.
- Cut into squares.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:25.1, Glycemic Load:24.48, Inflammation Score:-9, Nutrition Score:10.63565207046%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

## Nutrients (% of daily need)

Calories: 241.09kcal (12.05%), Fat: 7.43g (11.43%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 38.2g (12.73%), Net Carbohydrates: 35.24g (12.81%), Sugar: 8.11g (9.01%), Cholesterol: 42.29mg (14.1%), Sodium: 509.51mg (22.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.36%), Vitamin A: 3222.71IU (64.45%), Manganese: 0.3mg (14.79%), Selenium: 10.26µg (14.65%), Phosphorus: 143.69mg (14.37%), Vitamin B1: 0.21mg (14.03%), Calcium: 133.49mg (13.35%), Fiber: 2.96g (11.83%), Folate: 42.96µg (10.74%), Vitamin B2: 0.18mg (10.38%), Iron: 1.85mg (10.25%), Vitamin B6: 0.2mg (9.81%), Magnesium: 33.42mg (8.35%), Vitamin B3: 1.56mg (7.79%), Vitamin E: 1.08mg (7.19%), Zinc: 0.98mg (6.55%), Vitamin B5: 0.58mg (5.75%), Copper: 0.11mg (5.65%), Potassium: 188.29mg (5.38%), Vitamin K: 3.88µg (3.7%), Vitamin B12: 0.16µg (2.66%), Vitamin D: 0.35µg (2.31%)