



## Toasted Cornbread

READY IN



45 min.

SERVINGS



8

CALORIES



103 kcal

BREAD

## Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 cup egg substitute frozen thawed
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon butter melted reduced-calorie
- ☐ 0.8 cup nonfat buttermilk
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 0.5 cup cornmeal yellow

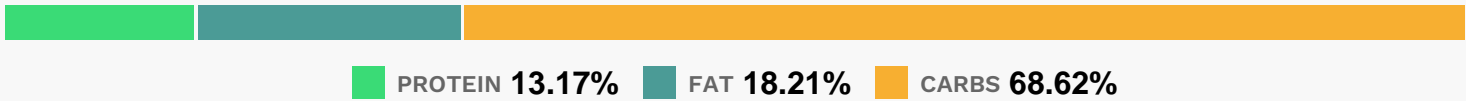
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

# Directions

- ☐ Combine first 5 ingredients in a medium bowl. Com-bine buttermilk and egg substitute; add to dry ingredients, stirring just until dry ingredients are moistened.
- ☐ Pour batter into a 9-inch square pan coated with cooking spray.
- ☐ Bake at 350 for 30 minutes.
- ☐ Remove from oven, and let cornbread cool completely on a wire rack.
- ☐ Cut cornbread into 8 rectangles.
- ☐ Place rectangles on a baking sheet; brush with one-half of melted margarine. Broil 3 inches from heat (with electric oven door partially opened) 1 to 2 minutes or until lightly browned. Turn cornbread; brush with remaining melted margarine. Broil 3 inches from heat (with electric oven door partially opened) 1 to 2 additional minutes or until lightly browned.

# Nutrition Facts



# Properties

Glycemic Index:38.2, Glycemic Load:10.79, Inflammation Score:-2, Nutrition Score:3.0804347860748%

# Nutrients (% of daily need)

Calories: 102.89kcal (5.14%), Fat: 2.08g (3.2%), Saturated Fat: 0.41g (2.55%), Carbohydrates: 17.63g (5.88%), Net Carbohydrates: 16.49g (5.99%), Sugar: 4.43g (4.92%), Cholesterol: 0.44mg (0.15%), Sodium: 151.59mg (6.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.77%), Selenium: 6.36µg (9.09%), Vitamin B1: 0.1mg (6.69%), Manganese: 0.12mg (5.89%), Folate: 18.89µg (4.72%), Iron: 0.84mg (4.65%), Vitamin B2: 0.08mg (4.59%), Fiber: 1.15g (4.58%), Phosphorus: 42.08mg (4.21%), Vitamin B6: 0.07mg (3.61%), Vitamin B3: 0.72mg (3.59%),

Magnesium: 13.6mg (3.4%), Zinc: 0.44mg (2.91%), Calcium: 25.42mg (2.54%), Vitamin B5: 0.22mg (2.19%), Copper: 0.04mg (1.86%), Potassium: 57.19mg (1.63%), Vitamin A: 79.47IU (1.59%), Vitamin E: 0.22mg (1.43%)