

## Unleavened Cornbread

READY IN



35 min.

SERVINGS



12

CALORIES



160 kcal

BREAD

### Ingredients

- 1 cup cornmeal
- 1 eggs
- 1 cup flour all-purpose
- 1 cup milk
- 1 teaspoon salt
- 0.3 cup shortening melted
- 0.3 cup sugar white

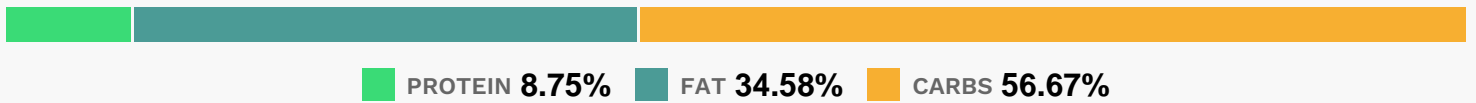
### Equipment

- bowl
- oven
- toothpicks
- muffin liners
- muffin tray

## Directions

- Preheat the oven to 425 degrees F (220 degrees C). Grease a 12 cup muffin pan or line with muffin papers.
- In a large bowl, stir together the cornmeal, flour, sugar and salt. Make a well in the center and pour in the egg, shortening and milk. Stir until well blended. Spoon batter into the prepared muffin cups.
- Bake for 20 to 25 minutes in the preheated oven, until a toothpick inserted into the center of a muffin comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:20.97, Glycemic Load:14.78, Inflammation Score:-2, Nutrition Score:4.1834782932116%

## Nutrients (% of daily need)

Calories: 160.04kcal (8%), Fat: 6.16g (9.48%), Saturated Fat: 1.72g (10.72%), Carbohydrates: 22.73g (7.58%), Net Carbohydrates: 21.21g (7.71%), Sugar: 5.38g (5.98%), Cholesterol: 16.08mg (5.36%), Sodium: 207.67mg (9.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.02%), Vitamin B1: 0.14mg (9.02%), Selenium: 5.86µg (8.38%), Manganese: 0.16mg (7.92%), Phosphorus: 68.86mg (6.89%), Vitamin B2: 0.11mg (6.43%), Folate: 25.29µg (6.32%), Fiber: 1.53g (6.11%), Iron: 0.95mg (5.28%), Vitamin B6: 0.1mg (5.07%), Magnesium: 19.35mg (4.84%), Vitamin B3: 0.97mg (4.83%), Zinc: 0.62mg (4.1%), Calcium: 29.63mg (2.96%), Vitamin B5: 0.29mg (2.86%), Potassium: 89.49mg (2.56%), Copper: 0.05mg (2.52%), Vitamin E: 0.37mg (2.44%), Vitamin B12: 0.14µg (2.37%), Vitamin K: 2.4µg (2.29%), Vitamin D: 0.3µg (1.98%), Vitamin A: 52.74IU (1.05%)