



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Light Cornbread ♦

Light and fluffy cornbread that pairs well with soups and stews. It has a slightly sweet taste and a golden crust.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 25 mins

**Total Time:** 40 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 10

**Serving Size:** 50 g

### Ingredients

<b>250 g</b>	Cornmeal
<b>125 g</b>	All-Purpose Flour
<b>50 g</b>	Sugar
<b>2 tsp</b>	baking powder
<b>1 tsp</b>	salt
<b>250 ml</b>	milk

60 ml vegetable oil

1 units Egg

## Directions

### Step 1

#### Preheating

Preheat the oven to 400°F (200°C). Grease a 9-inch (23 cm) square baking dish.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

#### Mixing

In a large bowl, combine the cornmeal, flour, sugar, baking powder, and salt.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 3

#### Mixing

In a separate bowl, whisk together the milk, vegetable oil, and egg.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 4

**Stirring**

Pour the wet ingredients into the dry ingredients and stir until just combined.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 5

**Pouring**

Pour the batter into the prepared baking dish and smooth the top.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 6

**Baking**

Bake for 20-25 minutes, or until a toothpick inserted into the center comes out clean.

**Prep Time:** 0 mins

**Cook Time:** 25 mins

---

## Step 7

**Cooling**

Remove from the oven and let cool for 10 minutes before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 180 kcal

**Fat:** 6 g

**Protein:** 4 g

**Carbohydrates:** 28 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Carbohydrates	28 g	50.91%	56%
Fibers	2 g	5.26%	8%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	20 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	250 mg	10.87%	10.87%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	90 mg	2.65%	3.46%
Zinc	2 mg	18.18%	25%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Events

Christmas

Easter

Thanksgiving

Back to School

Picnic

### Course

Breads

Snacks

### Cultural

Chinese New Year

Halloween

### Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

### Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

Visit our website: [healthdor.com](https://healthdor.com)