

## Corn Bread

Serves: 24 | Serving Size: 2"x2" slice

Ingredients Needed:

- 2 eggs, beaten
- 3/4 cup sugar
- 2 cups all-purpose flour
- 1 cup yellow cornmeal
- 1 tablespoon baking powder
- 3/4 teaspoon salt
- 1/4 cup oil, vegetable or canola
- 1-1/2 cups low fat or nonfat milk (or reconstituted nonfat dry milk)
- Vegetable oil or spray



Directions:

1. Preheat the oven to 375°F.
2. Beat eggs in a small mixing bowl,
3. Mix in sugar.

4. In a large mixing bowl, mix flour, cornmeal, baking powder, and salt together.
5. Add oil, milk, and egg mixture to flour mixture and mix. Be careful not to overmix.
6. Pour into a lightly oiled or sprayed 9"x13" baking dish.
7. Bake at 375°F for 30 minutes.

Variations:

- Add 1 can corn, 8 oz., drained; 1 finely chopped jalapeno pepper; 1 small can chopped green chilies; or ½ cup grated cheddar cheese.

<b>Nutrition Facts</b>	
24 servings per container	
<b>Serving size</b>	<b>2" x 2" slice(32g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 9g	
Includes 6g Added Sugars	<b>12%</b>
<b>Protein</b> 3g	
Vitamin D 1mcg	<b>6%</b>
Calcium 132mg	<b>10%</b>
Iron 1mg	<b>6%</b>
Potassium 104mg	<b>2%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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