

# Corn Bread

Serves 9, 1 piece per serving

## Ingredients

- 1 cup sifted all-purpose flour
- ¼ cup sugar
- 3 teaspoons baking powder
- ¾ teaspoon salt
- 1 cup yellow cornmeal
- 2 eggs
- 1 cup milk
- ¼ cup vegetable oil



## Directions

1. Preheat oven to 425°; grease 9x9x2-inch pan.
2. Combine flour, sugar, baking powder, and salt; stir in cornmeal.
3. Add eggs, milk, and oil. Stir until mixed (do not over mix!) Pour into greased pan.
4. Bake for 20 to 25 minutes.
5. Cut into 9 3x3-inch pieces

## Nutrition Facts

Serving Size 1 piece (80.73g)

Servings Per Container 9

### Amount Per Serving

**Calories** 180      Calories from Fat 45

% Daily Value\*

**Total Fat** 5g      **8%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol** 20mg      **7%**

**Sodium** 220mg      **9%**

**Total Carbohydrate** 29g      **10%**

Dietary Fiber 2g      **8%**

Sugars 6g

**Protein** 5g      **10%**

\*Percent Daily Values are based on a 2,000 calorie diet.

