

# Double Corn Bread

12

## Serving Information

Makes approximately 12 servings

## Ingredients

1 c. cornmeal  
 ½ c. all-purpose flour 4 tsp. baking powder  
 1 egg whites or ¼ c. egg substitute  
 ½ c. fat-free sour cream 2 Tbsp. canola oil  
 1 can (8½ oz.) creamed corn (1 c.) Cooking spray

## Equipment

Muffin tin or 9" x 9" pan or 8-inch iron skillet  
 Large and small mixing bowls  
 Measuring cups and spoons Can opener  
 Mixing spoon  
 Rubber spatula

## Directions

1. Preheat oven to 425°F. If using iron skillet,
2. Combine cornmeal, flour, and baking powder in large mixing bowl. MIX WELL.
3. In small bowl, combine egg whites or egg substitute with sour cream, oil and creamed corn; mix well.
4. Add corn mixture to dry ingredients and stir only enough to moisten dry ingredients.
5. If using muffin tins or 9" x 9" pan, spray with cooking spray. If using iron skillet, remove from oven and spray lightly with cooking spray.
6. Spoon batter into muffin tin or pan. Spray top lightly with cooking spray.
7. Bake muffins for 20 minutes; pan or skillet bread for 25 minutes.
8. Remove from oven and serve warm. Cut into 12 portions.

## Nutrition Facts

Serving Size 1 muffin (58g)

Servings Per Container 12

### Amount Per Serving

**Calories** 110      **Calories from Fat** 25

% Daily Value\*

**Total Fat** 3g      **5%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 260mg      **11%**

**Total Carbohydrate** 18g      **6%**

Dietary Fiber 2g      **8%**

Sugars 2g

**Protein** 3g

Vitamin A 2%      • Vitamin C 0%

Calcium 6%      • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**Source:** Dining with Diabetes—West Virginia University Extension Service, 2003

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