

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 (or 2 egg whites or ¼ c. egg substitute)
 ½ c. fat-free sour cream (or Greek yogurt)
 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, place skillet in oven to heat.
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.

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

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

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