

Corn Bread

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/cornmeal-mush-recipes>

Ingredients:

- 1 cup corn meal
- 1 cup flour
- 1/2 cup sugar
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup milk
- 1 egg
- 1/4 cup olive oil

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 60 milligrams
4. Fat: 18 grams
5. Fiber: 4 grams
6. Protein: 11 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 890 milligrams
9. Sugar: 29 grams

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