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Easy Corn Bread

Ingredients:

- 1¼ cup flour
- ¾ cup corn meal
- ¼ cup sugar
- 2 teaspoons baking powder
- 1 cup 1% milk
- 3 Tablespoons vegetable oil
- 1 egg, beaten
- ½ teaspoon salt (optional)
- vegetable oil spray

Makes 9 servings - 28% calories from fat

Instructions:

1. Heat oven to 400°F. Spray a 8 or 9 inch baking pan with vegetable oil spray.
2. Combine dry ingredients. Stir in milk, oil, and egg, mixing just until dry ingredients are moistened.
3. Pour batter into prepared pan. Bake 20 to 25 minutes or until light golden brown and wooden pick inserted near center comes out clean. Serve warm.

Nutrition Facts

Serving Size 1 square
Servings Per Container 9

Amount Per Serving		
Calories	190	Calories from Fat 50
		% Daily Value*
Total Fat	6g	9%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	25mg	8%
Sodium	280mg	12%
Total Carbohydrate	29g	10%
Dietary Fiber	2g	8%
Sugars	7g	

Protein 4g	
Vitamin A 2%	• Vitamin C 0%
Calcium 6%	• Iron 8%

*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	300mg
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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