

# Eat Smart • Move More

## Double Cornbread

Prep Time: 10 minutes

Total Time: 35 minutes



### Ingredients

Nonstick cooking spray  
1 cup cornmeal  
½ cup all-purpose flour  
2 teaspoons baking powder  
½ teaspoon baking soda  
½ cup light sour cream or plain Greek yogurt  
2 tablespoons canola oil  
8 ounces canned creamed corn  
2 eggs

### Directions

- Heat oven to 425°F. Spray a muffin tin or baking dish with nonstick cooking spray. Set aside. If using cast iron skillet, place skillet in oven to heat.
- Combine cornmeal, flour, baking powder, and baking soda in a mixing bowl. Mix well.
- In a separate mixing bowl, add sour cream, oil, creamed corn, and eggs and mix well.
- Add egg mixture to dry ingredients and stir only enough to dampen flour.
- If using a cast iron skillet, remove from oven and hold away from face and oven while spraying lightly with nonstick cooking spray.
- Spoon batter into cooking pan of choice. Spray top lightly with nonstick cooking spray.
- If using muffin tins, bake for 20 minutes. If using a baking dish or cast iron skillet, bake for 25 minutes.
- Remove from oven and serve warm.

### Nutrition Facts

12 servings per container	
<b>Serving size</b>	<b>1 serving</b>
	<b>(56.62g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber <1g	<b>4%</b>
Total Sugars 1g	
Includes g of Added Sugars	
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 94mg	<b>8%</b>
Iron 1mg	<b>4%</b>
Potassium 82mg	<b>0%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Quick Tips

- ▶ Add a diced jalapeño or teaspoon of chili powder for a spicier version to pair with chili.
- ▶ Substitute low-fat plain yogurt for light sour cream.
- ▶ Substitute whole-wheat flour for all-purpose flour for more whole grains.

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(Recipe from: <https://extension.illinois.edu>.)

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