

# Cream Style Corn Bread

by SNAP-Ed Staff - November 10, 2020



Serves 9



## Ingredients



## Directions



## Nutritional Information



- 1 cup cornmeal
- ½ cup all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- 2 egg whites
- ½ cup non-fat sour cream
- 2 tablespoons canola oil
- 1 cup creamed corn
- Cooking spray

1. Preheat oven to 425°F.
2. Combine cornmeal, flour, baking powder and baking soda in large mixing bowl. Mix well.
3. Separate eggs or measure egg substitute and place in small bowl. Add sour cream, oil, and creamed corn and mix well.
4. Add corn mixture to dry ingredients and stir only enough to dampen flour.
5. Spray muffin tins or 9x9 inch pan with cooking spray.
6. Spoon batter into muffin tin or pan. Spray top lightly with cooking spray.
7. Bake muffins for 20 minutes, pan for 25 minutes.
8. Remove from oven and let cool 5 minutes. Serve warm.

Calories 161

Fat 6g

Protein 5g

Fiber 1.5g

Sodium 113mg

Carbohydrate 24g

**U of A**  
DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION  
University of Arkansas System



United States Department of Agriculture and County Governments Cooperating - The University of Arkansas System Division of Agriculture offers all its Extension and Research programs to all eligible persons without regard to race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer. - USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact <https://access.arkansas.gov/>