

CORN BREAD

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
212 cal	30 g	5 g	8 g	30 mg	359 mg	127 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 CORN MEAL
 MILK,NONFAT,DRY
 SUGAR,GRANULATED
 BAKING POWDER
 SALT
 EGGS,WHOLE,FROZEN
 WATER
 OIL,SALAD
 COOKING SPRAY,NONSTICK

Weight

3-7/8 lbs
 3-2/3 lbs
 6 oz
 7 oz
 5-7/8 oz
 1-1/2 oz
 1-1/2 lbs
 7-7/8 lbs
 1-1/2 lbs
 2 oz

Measure

3 qts 2 cup
 3 qts
 2-1/2 cup
 1 cup
 3/4 cup
 2-1/3 tbsp
 2-7/8 cup
 3 qts 3 cup
 3 cup
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Blend flour, cornmeal, milk, sugar, baking powder, and salt in mixer bowl.
- 2 Combine eggs and water; add to ingredients in mixer bowl. Blend at low speed about 1 minute. Scrape down bowl.
- 3 Add oil; mix at medium speed until blended.
- 4 Lightly spray each pan with non-stick cooking spray. Pour 1 gallon of batter into each pan.
- 5 Using a convection oven, bake at 375 F. for 20 minutes or until done on low fan, open vent.
- 6 Cool; cut into 6 by 9.

Notes

- 1 In step 1, omit sugar if southern-style cornbread is desired.