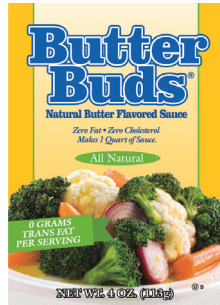


Corn Bread



Low in fat
Zero trans fat
Zero cholesterol

Corn Bread

Number of portions: **48** Size of portion: **3" X 3"**

Ingredient	Measure	Procedure
Flour, white all-purpose	3 cups	Preheat convection oven to 350°. Blend flour, cornmeal, sugar and baking powder together for 30 seconds at low speed.
Cornmeal	3 cups	
Sugar	2/3 cup	
Baking Powder	8 tsp	
Butter Buds sauce mix, dry	4 oz packet	Mix 1 pkg (4oz) of Butter Buds dry mix with 1 quart hot tap water.
Water, hot tap	1 qt	
Eggs	4 large	In separate bowl, mix together eggs, milk, oil and 2 1/4 cups prepared Butter Buds. Refrigerate remaining for future use.
Milk, 1% lowfat	3 cups	
Vegetable oil	1/4 cup	
Buttermist spray		<p>Add to dry ingredients and blend for 30 seconds. Caution: Do not over mix. Blend only until dry ingredients are moistened.</p> <p>Prepare 18 x 26 sheet pan(s) with Buttermist Pan Spray. Pour 1 quart + 1 cup of batter into each prepared pan. Bake 15 minutes until lightly browned. test for doneness with toothpick. Transfer pan to cooling rack. One full sheet pan cut 6 x 8.</p> <p>For added variation: Use 12oz of Cheddar cheese and 4oz of Jalapeno peppers. Blend 1/2 of shredded cheddar cheese to batter mixture. Reserve other 1/2 to sprinkle on top of each pan before baking. Blend chopped Jalapeno peppers into batter mixture. Caution: Do not over mix.</p>

Nutritional Information

Calories	106	Iron	0.96 mg	Protein	2.57 g	9.70% Calories from protein
Cholesterol	18.39 mg	Calcium	68.15 mg	Carbohydrates	19.04 g	72.01% Calories from carbohydrates
Sodium	147.76 mg	Vitamin A	71.45 IU	Total Fat	1.95 g	16.59% Calories from total fat
Dietary Fiber	0.61 g	Vitamin A	21.03 RE	Saturated Fat	0.55 g	4.69% Calories from saturated fat
		Vitamin C	0.00 mg	Trans fat	0.00* g	% Calories from trans fat

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data