



EatingWell

Gluten-Free Cornbread

This simple gluten-free cornbread recipe makes a great side dish for chili night or use it in your favorite cornbread stuffing recipe to easily make it gluten-free-friendly.

Devon O'Brien

Active: 10 mins

Total: 45 mins

Servings: 9



Ingredients

1 ¼ cups gluten-free yellow cornmeal

¾ cup gluten-free all-purpose flour blend

2 teaspoons baking powder

½ teaspoon salt

1 large egg

1 ½ cups low-fat milk

3 tablespoons butter, melted

1 tablespoon honey

Directions

Step 1

Preheat oven to 400 degrees F. Coat an 8-inch-square baking pan with cooking spray.

Step 2

Whisk cornmeal, flour blend, baking powder and salt in a large bowl. Whisk egg, milk, butter and honey in a medium bowl. Add the liquid ingredients to the dry ingredients and stir until just combined. Scrape the batter into the prepared pan, spreading evenly.

Step 3

Bake the cornbread until a toothpick inserted in the center comes out clean, about 35 minutes. Let cool for 10 minutes before serving. Serve warm.

Nutrition Facts

Serving Size: 1 2-1/2-inch square

Per Serving: 161 calories; protein 4.5g; carbohydrates 24.6g; dietary fiber 2.2g; sugars 4.1g; fat 5.7g; saturated fat 3g; cholesterol 32.9mg; vitamin a iu 264.3IU; folate 9.1mcg; calcium 123.1mg; iron 1.2mg; magnesium 27.1mg; potassium 119.9mg; sodium 269.9mg; thiamin 0.1mg; added sugar 2g.

Exchanges: 1 1/2 starch, 1 fat

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