

OUR RECIPE FOR
GLUTEN-FREE CORNBREAD

YOU'LL NEED

- ¼ cup (4 tablespoons) melted butter or vegetable oil
- 2 large eggs
- 1¼ cups milk

BAKES
8" PAN CORNBREAD
OR 12 MUFFINS

- 1 • **PREHEAT** oven to 425°F.
- 2 • **GREASE** an 8" square, 9" round pan, or 12 muffin cups.
- 3 • **WHISK** together butter, eggs, and milk. Add mix, stirring until combined.
- 4 • **POUR** batter into prepared pan and let rest for 10 minutes.
- 5 • **BAKE** for 20-25 minutes (13-15 minutes for muffins) until top is golden, edges begin to pull away from pan, and cake tester inserted in center comes out clean. Cool for 5 minutes before cutting. Serve warm.

BAKER'S TIP:

For Zesty Cornbread: Stir into batter 4 oz. can diced jalapeños or pimientos (drained) and 8.5 oz. can (1 cup) whole kernel sweet corn (drained) and 1 cup cheddar cheese. Sprinkle ½ cup shredded cheese over the top.

COMPLIMENTS OF
The King Arthur Flour Kitchen

To make the best cornbread, we start with the best ingredients. Convenient and quick, our mix bakes a lightly sweet, golden cornbread to enjoy with any meal.

TO MAKE NON-DAIRY: USE VEGETABLE OIL & RICE, SOY, OR ALMOND MILK.

NO COMPROMISES:

Our mixes are carefully crafted in our test kitchen through meticulous taste-testing (it's a tough job, but we're up to the challenge!) and blending to replicate our favorite recipes. The result? Mixes that make the finest gluten-free baked goods around. Simple ingredients, reliable results, and deliciousness for everyone to enjoy!

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GLUTEN FREE

CORNBREAD + MUFFIN MIX



EASY TO PREPARE

GLUTEN FREE

CORNBREAD + MUFFIN MIX

MADE WITH ANCIENT GRAINS

FORTIFIED WITH: IRON • CALCIUM • VITAMIN B

NO ARTIFICIAL PRESERVATIVES



NET WT 14 OZ (397g)



Nutrition Facts

Serving Size 4 Tablespoons mix (39g)
Servings Per Container 10

Amount Per Serving	Mix	Prepared
Calories	140	210
Calories from Fat	5	60
	% Daily Value**	
Total Fat 0.5g*	1%	11%
Saturated Fat 0g	0%	18%
Trans Fat 0g		
Cholesterol 0mg	0%	17%
Sodium 280mg	12%	13%
Total Carbohydrate 31g	10%	11%
Dietary Fiber 1g	4%	4%
Sugars 10g		
Protein 2g		
Vitamin A	0%	6%
Vitamin C	0%	0%
Calcium	20%	25%
Iron	15%	15%
Thiamin	20%	20%
Riboflavin	10%	15%
Niacin	15%	15%

*Amount in Mix. Prepared contributes an additional 70 Calories (60 Calories from Fat), 7 g Total Fat (3.5 g Saturated Fat), 50 mg Cholesterol, 30 mg Sodium, 2 g Total Carbohydrate (1 g Sugars), 3 g Protein

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: Cornmeal, Cane Sugar, Millet Flour, Whole Sorghum Flour, Tapioca Starch, Baking Powder (baking soda, calcium acid pyrophosphate, monocalcium phosphate), Salt, Xanthan Gum, Vitamin and Mineral Blend (calcium carbonate, niacinamide (vitamin B3), reduced Iron, thiamin hydrochloride (vitamin B1), riboflavin (vitamin B2)).

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DO NOT EAT RAW MIX, DOUGH, OR BATTER.

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Learn more: gfc.org

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