Pumpkin Cornbread
Makes about 24 servings

Ingredients:
- 3/4 cup sugar
- 1/2 cup vegetable or canola oil
- 2 eggs
- 2 cups buttermilk, or plain yogurt
- 1 1/2 cups canned pumpkin
- 2 cups flour
- 2 cups cornmeal
- 2 teaspoons baking soda
- 2 teaspoons baking powder

Directions:
1. In a large bowl, combine wet ingredients.
2. In a separate bowl, combine dry ingredients.
3. Add dry mixture to wet and stir until combined. Do not over mix. Spoon batter into a 9” x 13” pan that has been sprayed with a vegetable oil cooking spray.
4. Bake for 40-50 minutes in a preheated 350 degree oven until top is lightly browned and firm in the middle.

Source: Recipe from Broome County CCE

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>1/24 of recipe (73g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>170</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>8%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>6g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>20mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>210mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>25g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>6g</td>
</tr>
</tbody>
</table>

Includes 4g Added Sugars 8%

Protein 3g

Vitamin D 0mcg
Calcium 54mg
Iron 1mg
Potassium 95mg

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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