

# Amusement Park Cornbread

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



460 kcal

BREAD

## Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 cup butter softened
- ☐ 0.8 cup cornmeal
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.3 cups milk
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract

☐ 0.7 cup sugar white

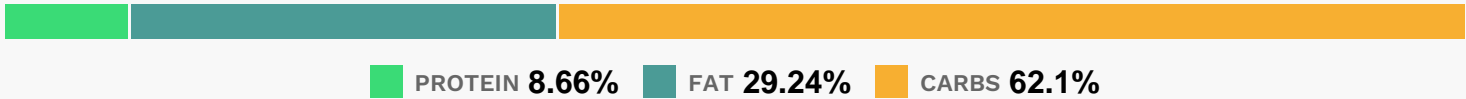
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

## Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Lightly grease an 8 inch skillet.
- ☐ In a large bowl, beat together sugar, salt, butter and vanilla until creamy. Stir in eggs one at a time, beating well after each addition. In a separate bowl, mix together flour, baking powder and cornmeal. Stir flour mixture into egg mixture alternately with the milk. Beat well until blended.
- ☐ Bake in preheated oven for 20 minutes, or until golden brown.
- ☐ Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:65.6, Glycemic Load:48.63, Inflammation Score:-5, Nutrition Score:12.459130453027%

## Nutrients (% of daily need)

Calories: 460.45kcal (23.02%), Fat: 15.01g (23.09%), Saturated Fat: 8.22g (51.39%), Carbohydrates: 71.7g (23.9%), Net Carbohydrates: 68.7g (24.98%), Sugar: 25.35g (28.17%), Cholesterol: 88.18mg (29.39%), Sodium: 724.01mg (31.48%), Alcohol: 0.23g (100%), Alcohol %: 0.17% (100%), Protein: 10g (19.99%), Selenium: 21.11µg (30.16%), Vitamin B1: 0.42mg (28.24%), Folate: 90.28µg (22.57%), Vitamin B2: 0.38mg (22.08%), Phosphorus: 220.41mg (22.04%), Manganese: 0.42mg (21.07%), Calcium: 203.43mg (20.34%), Iron: 3.02mg (16.79%), Vitamin B3: 3.03mg (15.13%), Fiber: 3g (11.99%), Magnesium: 39.58mg (9.9%), Vitamin B6: 0.19mg (9.71%), Vitamin A: 482.19IU (9.64%), Zinc: 1.33mg (8.9%), Vitamin B5: 0.74mg (7.42%), Vitamin B12: 0.44µg (7.41%), Potassium: 215.09mg (6.15%), Copper: 0.12mg (6.09%), Vitamin D: 0.89µg (5.93%), Vitamin E: 0.57mg (3.81%), Vitamin K: 1.25µg (1.19%)