



Andrew's Cornbread

 Vegetarian

READY IN



10 min.

SERVINGS



6

CALORIES



294 kcal

Ingredients

- ☐ 1 cup buttermilk
- ☐ 2 cups self-rising cornmeal yellow
- ☐ 2 large eggs lightly beaten
- ☐ 1 tablespoon mayonnaise
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon self-rising flour
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vegetable oil

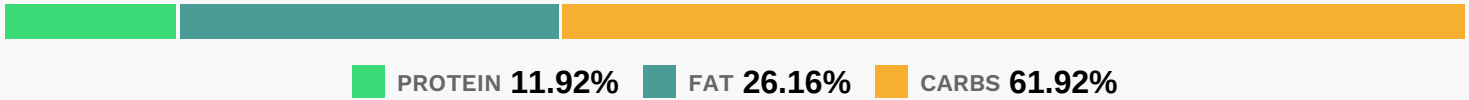
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack

Directions

- ☐ Brush a 10-inch cast-iron skillet with oil, and heat in a 425 oven 5 minutes.
- ☐ Stir together cornmeal and next 3 ingredients in a large mixing bowl. Stir in buttermilk, eggs, and mayonnaise, stirring just until blended.
- ☐ Pour batter into hot skillet.
- ☐ Bake at 425 for 18 to 20 minutes or until golden brown and cornbread pulls away from sides of skillet.
- ☐ Remove to a wire rack, and cool 5 minutes.

Nutrition Facts



Properties

Glycemic Index:47.77, Glycemic Load:27.01, Inflammation Score:-4, Nutrition Score:9.4856522083282%

Nutrients (% of daily need)

Calories: 294.26kcal (14.71%), Fat: 8.55g (13.16%), Saturated Fat: 2.22g (13.9%), Carbohydrates: 45.55g (15.18%), Net Carbohydrates: 40.54g (14.74%), Sugar: 6.85g (7.61%), Cholesterol: 67.38mg (22.46%), Sodium: 276.46mg (12.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.77g (17.53%), Fiber: 5.01g (20.04%), Phosphorus: 187.87mg (18.79%), Manganese: 0.36mg (17.8%), Vitamin B6: 0.36mg (17.8%), Magnesium: 63.03mg (15.76%), Selenium: 10.32µg (14.74%), Zinc: 2.02mg (13.5%), Vitamin B1: 0.19mg (12.38%), Vitamin B2: 0.2mg (11.54%), Iron: 1.91mg (10.6%), Copper: 0.15mg (7.66%), Vitamin B5: 0.73mg (7.32%), Potassium: 249.41mg (7.13%), Folate: 28.35µg (7.09%), Vitamin B3: 1.37mg (6.85%), Calcium: 59.03mg (5.9%), Vitamin D: 0.86µg (5.72%), Vitamin B12: 0.34µg (5.59%), Vitamin K: 5.46µg (5.2%), Vitamin E: 0.54mg (3.61%), Vitamin A: 157.54IU (3.15%)