



## Apple-Cheddar Cornbread

READY IN



41 min.

SERVINGS



8

CALORIES



348 kcal

BREAD

### Ingredients

- 1 tablespoon double-acting baking powder
- 1 tablespoon butter
- 6 tablespoons butter melted
- 1 large eggs lightly beaten
- 0.5 cup flour all-purpose
- 1 cup apples i use 2 granny smith apples diced peeled
- 1.5 cups milk
- 0.5 teaspoon salt
- 1 tablespoon shortening

- 4 ounces cheddar cheese shredded extra-sharp
- 1.5 cups cornmeal yellow

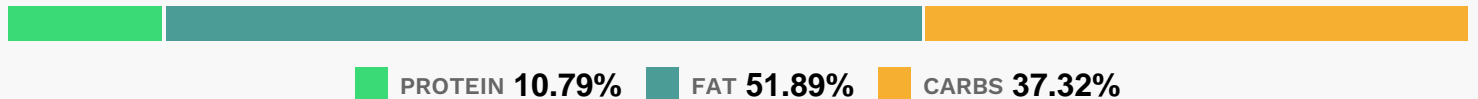
## Equipment

- frying pan
- oven
- whisk

## Directions

- Heat 1 tablespoon butter in a large skillet over medium-high heat until melted.
- Add apple, and saut 3 minutes or until just tender.
- Remove from heat, and set aside.
- Preheat oven to 42
- Heat shortening in a 9" cast-iron skillet in oven 5 minutes.
- Meanwhile, stir together cornmeal and next 3 ingredients.
- Whisk together milk and egg; add to dry ingredients, stirring just until moistened. Stir in 6 tablespoons melted butter.
- Add sauted apple and cheese, stirring just until combined.
- Pour batter into hot skillet.
- Bake at 425 for 25 minutes or until golden.
- Cut into wedges.

## Nutrition Facts



## Properties

Glycemic Index:54.06, Glycemic Load:19.14, Inflammation Score:-5, Nutrition Score:9.7499999740849%

## Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

## **Nutrients (% of daily need)**

Calories: 348.03kcal (17.4%), Fat: 20.27g (31.18%), Saturated Fat: 10.79g (67.45%), Carbohydrates: 32.8g (10.93%), Net Carbohydrates: 29.41g (10.69%), Sugar: 4.39g (4.88%), Cholesterol: 69.25mg (23.08%), Sodium: 503.64mg (21.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.48g (18.96%), Calcium: 255.07mg (25.51%), Phosphorus: 236.54mg (23.65%), Selenium: 11.36µg (16.23%), Fiber: 3.39g (13.57%), Vitamin B2: 0.23mg (13.46%), Manganese: 0.26mg (12.77%), Vitamin B1: 0.19mg (12.44%), Zinc: 1.79mg (11.9%), Vitamin B6: 0.23mg (11.72%), Vitamin A: 564.46IU (11.29%), Magnesium: 45.12mg (11.28%), Iron: 1.57mg (8.75%), Vitamin B12: 0.47µg (7.9%), Folate: 31.18µg (7.8%), Vitamin B3: 1.28mg (6.39%), Potassium: 212.51mg (6.07%), Vitamin B5: 0.57mg (5.7%), Copper: 0.1mg (4.88%), Vitamin E: 0.72mg (4.8%), Vitamin D: 0.71µg (4.76%), Vitamin K: 2.63µg (2.51%)