

Bacon Cornbread

READY IN



45 min.

SERVINGS



12

CALORIES



179 kcal

Ingredients

- ☐ 1.5 cups cornmeal yellow
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup vegetable oil
- ☐ 1.5 cups buttermilk
- ☐ 4 slices bacon crumbled cooked
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon baking soda
- ☐ 2 eggs

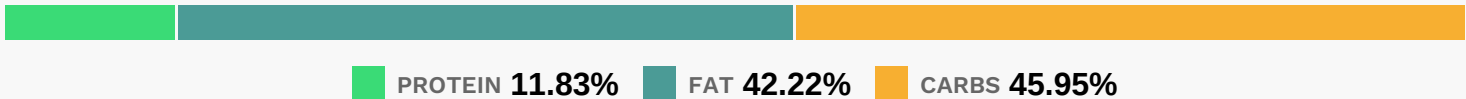
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 450°F. Grease 9-inch round pan or 8-inch square pan.
- ☐ Stir together all ingredients; beat vigorously 30 seconds.
- ☐ Pour into pan.
- ☐ Bake 25 to 30 minutes or until golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:28.05, Glycemic Load:12.38, Inflammation Score:-2, Nutrition Score:5.8265217179837%

Nutrients (% of daily need)

Calories: 178.63kcal (8.93%), Fat: 8.39g (12.91%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 20.54g (6.85%), Net Carbohydrates: 18.53g (6.74%), Sugar: 2.15g (2.39%), Cholesterol: 33.22mg (11.07%), Sodium: 300.78mg (13.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.57%), Phosphorus: 115.32mg (11.53%), Selenium: 7.68µg (10.96%), Vitamin B1: 0.13mg (8.83%), Manganese: 0.17mg (8.35%), Vitamin K: 8.52µg (8.11%), Fiber: 2.01g (8.04%), Calcium: 80.11mg (8.01%), Vitamin B2: 0.14mg (7.98%), Vitamin B6: 0.16mg (7.85%), Magnesium: 27.3mg (6.83%), Zinc: 0.94mg (6.29%), Iron: 1.07mg (5.97%), Vitamin B3: 1.11mg (5.55%), Folate: 21.24µg (5.31%), Vitamin B5: 0.4mg (3.97%), Vitamin B12: 0.23µg (3.87%), Potassium: 133.66mg (3.82%), Vitamin E: 0.56mg (3.72%), Vitamin D: 0.55µg (3.65%), Copper: 0.07mg (3.57%), Vitamin A: 90.09IU (1.8%)