



Basic Cornbread

READY IN



45 min.

SERVINGS



8

CALORIES



273 kcal

BREAD

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 2 cups buttermilk
- ☐ 2 cups self-rising corn meal mix white
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose

Equipment

- ☐ bowl
- ☐ frying pan

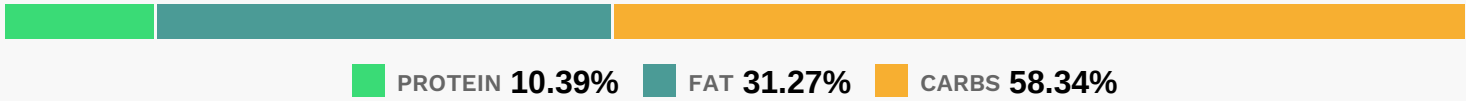
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 oven

Directions

- ☐ Heat a well-greased 9-inch oven-proof skillet at 450 for 5 minutes.
- ☐ Stir together all ingredients in a bowl.
- ☐ Pour batter into hot skillet.
- ☐ Bake at 450 for 20 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:5.22, Inflammation Score:-6, Nutrition Score:11.421304328448%

Nutrients (% of daily need)

Calories: 273.48kcal (13.67%), Fat: 9.58g (14.74%), Saturated Fat: 2.7g (16.89%), Carbohydrates: 40.21g (13.4%), Net Carbohydrates: 37.32g (13.57%), Sugar: 2.97g (3.3%), Cholesterol: 29.85mg (9.95%), Sodium: 699.5mg (30.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.32%), Phosphorus: 350.12mg (35.01%), Folate: 132.51µg (33.13%), Vitamin B1: 0.4mg (26.38%), Vitamin B2: 0.36mg (21%), Calcium: 202.88mg (20.29%), Iron: 2.59mg (14.41%), Manganese: 0.28mg (13.84%), Vitamin B3: 2.73mg (13.66%), Fiber: 2.89g (11.55%), Vitamin A: 508.47IU (10.17%), Vitamin B6: 0.2mg (10%), Selenium: 6.79µg (9.7%), Magnesium: 31.63mg (7.91%), Zinc: 0.95mg (6.36%), Vitamin D: 0.9µg (6.03%), Vitamin B12: 0.34µg (5.65%), Potassium: 188.94mg (5.4%), Vitamin B5: 0.53mg (5.27%), Copper: 0.09mg (4.49%), Vitamin E: 0.33mg (2.21%)