



Basic Cornbread

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



446 kcal

BREAD

Ingredients

- ☐ 0.3 cup butter
- ☐ 2.3 cups buttermilk
- ☐ 2 cups self-rising corn meal mix white
- ☐ 2 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 tablespoon sugar

Equipment

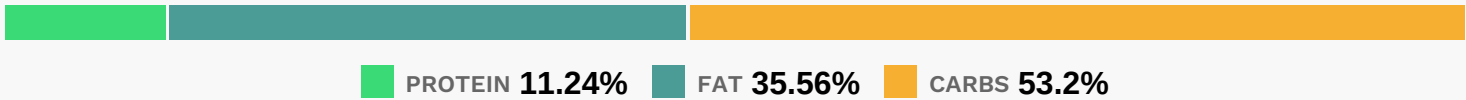
- ☐ bowl

- ☐ frying pan
- ☐ oven

Directions

- ☐ Place butter in a 10-inch cast-iron skillet, and heat in a 425 oven 5 minutes or until melted.
- ☐ Combine cornmeal mix, flour, and sugar in a large bowl.
- ☐ Stir together buttermilk and eggs.
- ☐ Add to dry ingredients; stir just until moistened.
- ☐ Pour over melted butter in skillet.
- ☐ Bake at 425 for 25 minutes or until golden.
- ☐ Note: For testing purposes only, we used White Lily White Cornmeal
- ☐ Mix.

Nutrition Facts



Properties

Glycemic Index:37.68, Glycemic Load:11.39, Inflammation Score:-6, Nutrition Score:14.262608678445%

Nutrients (% of daily need)

Calories: 445.57kcal (22.28%), Fat: 17.62g (27.11%), Saturated Fat: 9.19g (57.44%), Carbohydrates: 59.32g (19.77%), Net Carbohydrates: 53.39g (19.41%), Sugar: 7.27g (8.08%), Cholesterol: 99.01mg (33%), Sodium: 201.71mg (8.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.53g (25.07%), Phosphorus: 277.8mg (27.78%), Fiber: 5.93g (23.74%), Manganese: 0.46mg (22.86%), Vitamin B2: 0.39mg (22.67%), Vitamin B1: 0.34mg (22.44%), Magnesium: 80.94mg (20.23%), Vitamin B5: 2mg (20%), Selenium: 13.88µg (19.83%), Vitamin B6: 0.38mg (18.85%), Iron: 3.06mg (16.98%), Zinc: 2.4mg (15.97%), Folate: 58.27µg (14.57%), Vitamin B3: 2.51mg (12.53%), Calcium: 124.05mg (12.41%), Potassium: 399.08mg (11.4%), Vitamin A: 553.65IU (11.07%), Vitamin D: 1.5µg (10.02%), Vitamin B12: 0.58µg (9.73%), Copper: 0.17mg (8.66%), Vitamin E: 0.74mg (4.91%), Vitamin K: 1.46µg (1.39%)