



Basil-Parmesan Cornbread

READY IN



45 min.

SERVINGS



9

CALORIES



250 kcal

BREAD

Ingredients

- 2.5 teaspoons double-acting baking powder
- 0.1 lb butter cooled melted
- 1 cup buttermilk
- 8.5 oz regular corn cream-style canned
- 2 large eggs
- 1 cup flour all-purpose
- 0.3 cup basil fresh chopped
- 0.5 cup parmesan cheese grated
- 0.8 teaspoon salt

- 1 cup cornmeal yellow
- 2 tablespoons or

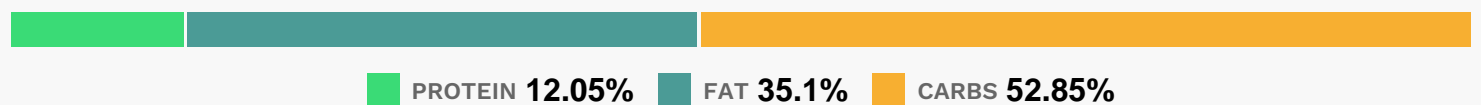
Equipment

- bowl
- frying pan
- oven
- spatula

Directions

- In a bowl, mix flour, cornmeal, sugar, baking powder, and salt. In another bowl, beat eggs to blend with buttermilk and 1/4 cup butter.
- Add corn, basil, and cheese to egg mixture.
- Pour liquids into flour mixture and stir just until evenly moistened.
- Scrape batter into a buttered 8-inch square pan and spread smooth.
- Bake in a 400 oven until bread springs back when lightly pressed in the center and begins to pull from pan sides, about 30 minutes (25 minutes in a convection oven).
- Cut bread into squares. Lift from pan with a slender spatula.
- Serve hot or cool.

Nutrition Facts



Properties

Glycemic Index:45.18, Glycemic Load:17.9, Inflammation Score:-5, Nutrition Score:8.3617392000945%

Nutrients (% of daily need)

Calories: 249.79kcal (12.49%), Fat: 9.87g (15.18%), Saturated Fat: 2.99g (18.69%), Carbohydrates: 33.43g (11.14%), Net Carbohydrates: 31.06g (11.3%), Sugar: 5.19g (5.76%), Cholesterol: 49.1mg (16.37%), Sodium: 582.9mg (25.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.24%), Selenium: 12.24µg (17.48%), Phosphorus: 174.46mg (17.45%), Calcium: 158.45mg (15.85%), Vitamin B2: 0.22mg (12.85%), Folate: 50.34µg (12.59%), Vitamin B1: 0.19mg (12.52%), Manganese: 0.24mg (12.17%), Fiber: 2.37g (9.48%), Iron: 1.65mg (9.16%), Vitamin A: 432.38IU

(8.65%), Zinc: 1.28mg (8.52%), Magnesium: 33.38mg (8.34%), Vitamin B6: 0.16mg (8.09%), Vitamin B3: 1.56mg (7.79%), Vitamin B5: 0.51mg (5.11%), Vitamin B12: 0.3µg (5.05%), Potassium: 174.11mg (4.97%), Copper: 0.1mg (4.83%), Vitamin D: 0.6µg (3.98%), Vitamin E: 0.46mg (3.04%), Vitamin K: 3.05µg (2.91%), Vitamin C: 1.23mg (1.49%)