



Beer-Cheese Cornbread

READY IN



10 min.

SERVINGS



10

CALORIES



272 kcal

BREAD

Ingredients

- 0.5 cup beer
- 0.3 cup butter melted
- 1 cup buttermilk
- 2 cups self-rising cornmeal mix white
- 2 large eggs lightly beaten
- 0.5 cup flour all-purpose
- 4 oz sharp cheddar cheese shredded
- 2 tablespoons sugar

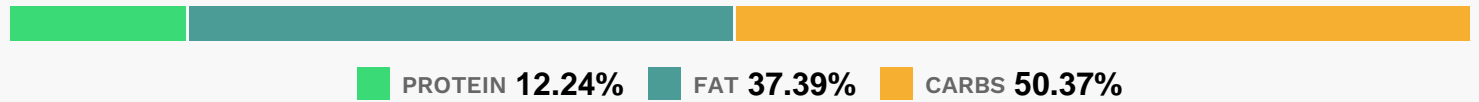
Equipment

- frying pan
- oven

Directions

- Preheat oven to 42
- Heat a well-greased 10-inch cast-iron skillet in oven 5 minutes. Stir together all ingredients just until moistened; pour into hot skillet.
- Bake at 425 for 25 to 30 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:29.36, Glycemic Load:5.74, Inflammation Score:-6, Nutrition Score:10.225652259329%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 271.52kcal (13.58%), Fat: 11.24g (17.29%), Saturated Fat: 6.01g (37.56%), Carbohydrates: 34.07g (11.36%), Net Carbohydrates: 31.76g (11.55%), Sugar: 3.66g (4.07%), Cholesterol: 63.38mg (21.13%), Sodium: 599.13mg (26.05%), Alcohol: 0.46g (100%), Alcohol %: 0.55% (100%), Protein: 8.28g (16.56%), Phosphorus: 323.24mg (32.32%), Folate: 110.36µg (27.59%), Calcium: 217.83mg (21.78%), Vitamin B1: 0.31mg (20.73%), Vitamin B2: 0.32mg (18.85%), Selenium: 9.43µg (13.47%), Iron: 2.18mg (12.1%), Manganese: 0.22mg (11.2%), Vitamin B3: 2.24mg (11.18%), Fiber: 2.31g (9.24%), Vitamin A: 446.62IU (8.93%), Vitamin B6: 0.17mg (8.64%), Zinc: 1.16mg (7.73%), Magnesium: 27.22mg (6.8%), Vitamin B12: 0.33µg (5.53%), Vitamin B5: 0.46mg (4.6%), Potassium: 136.6mg (3.9%), Vitamin D: 0.58µg (3.87%), Copper: 0.07mg (3.7%), Vitamin E: 0.34mg (2.28%)