



## Blackberry Cornbread

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



323 kcal

### Ingredients

- 2 cups blackberries fresh
- 0.5 cup canola oil
- 2 cups self-rising cornmeal white
- 5 large eggs
- 16 oz cup heavy whipping cream sour
- 0.5 cup sugar

### Equipment

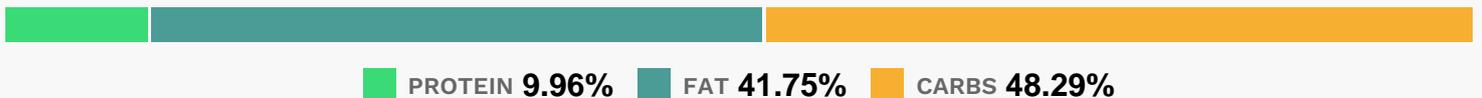
- bowl
- frying pan

- oven
- whisk
- wire rack
- aluminum foil

## Directions

- Preheat oven to 45
- Stir together cornmeal and sugar in a large bowl; make a well in center of mixture.
- Whisk together eggs, sour cream, and oil; add to cornmeal mixture, stirring just until dry ingredients are moistened. Fold in blackberries. Spoon batter into a lightly greased 12-inch cast-iron skillet.
- Bake at 450 for 30 minutes or until a wooden pick inserted in center comes out clean, shielding with aluminum foil after 25 minutes to prevent excessive browning, if necessary.
- Blackberry Cornbread Muffins: Prepare batter as directed. Coat 2 muffin pans with vegetable cooking spray; spoon batter into muffin pans, filling three-fourths full.
- Bake at 450 for 15 to 17 minutes or until tops are golden brown. Cool in pan on a wire rack 5 minutes.
- Remove from pan to wire rack. Makes 2 dozen muffins.
- Bake: 15 min. Cool: 5 min.

## Nutrition Facts



## Properties

Glycemic Index:9.51, Glycemic Load:7.29, Inflammation Score:-5, Nutrition Score:10.149130385855%

## Flavonoids

Cyanidin: 28.79mg, Cyanidin: 28.79mg, Cyanidin: 28.79mg, Cyanidin: 28.79mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 10.67mg, Catechin: 10.67mg, Catechin: 10.67mg, Catechin: 10.67mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Kaempferol: 0.08mg,

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

## **Nutrients (% of daily need)**

Calories: 322.81kcal (16.14%), Fat: 15.19g (23.37%), Saturated Fat: 5.8g (36.27%), Carbohydrates: 39.54g (13.18%), Net Carbohydrates: 34.7g (12.62%), Sugar: 13.49g (14.99%), Cholesterol: 119.76mg (39.92%), Sodium: 51.22mg (2.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.15g (16.3%), Manganese: 0.4mg (20.19%), Fiber: 4.83g (19.33%), Phosphorus: 179.35mg (17.93%), Vitamin B2: 0.24mg (14.32%), Vitamin B5: 1.41mg (14.07%), Selenium: 9.53µg (13.61%), Magnesium: 53.05mg (13.26%), Vitamin B6: 0.26mg (12.76%), Zinc: 1.66mg (11.04%), Iron: 1.86mg (10.32%), Vitamin A: 479.22IU (9.58%), Vitamin E: 1.28mg (8.54%), Vitamin B1: 0.12mg (8.23%), Potassium: 278.93mg (7.97%), Folate: 31.85µg (7.96%), Vitamin C: 6.46mg (7.83%), Vitamin K: 8.18µg (7.79%), Copper: 0.14mg (7.2%), Calcium: 71.76mg (7.18%), Vitamin B3: 1.14mg (5.69%), Vitamin B12: 0.32µg (5.3%), Vitamin D: 0.5µg (3.33%)