



Blueberry Cornbread

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



218 kcal

BREAD

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 cup blueberries fresh rinsed
- ☐ 0.1 lb butter melted
- ☐ 1 cup buttermilk
- ☐ 2 large eggs
- ☐ 0.7 cup flour all-purpose
- ☐ 0.7 cup i would have liked to use an version of masa but i couldn't find one at the time of making the tamal (see note above)
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 0.7 cup cornmeal yellow

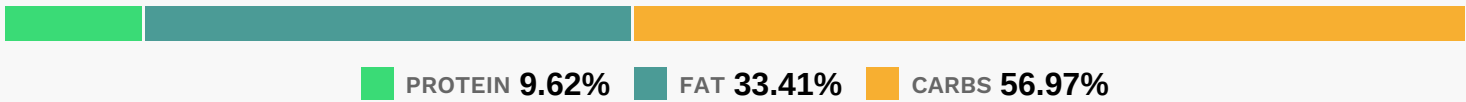
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ skewers

Directions

- ☐ In a bowl, beat eggs, buttermilk, and butter to blend. In another bowl, mix flour, cornmeal, masa, sugar, baking powder, and salt.
- ☐ Stir flour mixture into egg mixture just until evenly moistened. Gently stir in berries.
- ☐ Spread level in a buttered 8-inch square pan.
- ☐ Bake in a 375 oven until a wooden skewer inserted into the center comes out clean, 20 to 25 minutes.
- ☐ Let cool 10 minutes, then cut into 9 squares.

Nutrition Facts



Properties

Glycemic Index:47.4, Glycemic Load:15.48, Inflammation Score:-4, Nutrition Score:7.4186955794044%

Flavonoids

Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg Petunidin: 5.18mg, Petunidin: 5.18mg, Petunidin: 5.18mg, Petunidin: 5.18mg Delphinidin: 5.83mg, Delphinidin: 5.83mg, Delphinidin: 5.83mg, Delphinidin: 5.83mg Malvidin: 11.11mg, Malvidin: 11.11mg, Malvidin: 11.11mg, Malvidin: 11.11mg Peonidin: 3.34mg, Peonidin: 3.34mg, Peonidin: 3.34mg, Peonidin: 3.34mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Quercetin: 1.26mg, Quercetin: 1.26mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 218.46kcal (10.92%), Fat: 8.23g (12.66%), Saturated Fat: 4.28g (26.75%), Carbohydrates: 31.58g (10.53%), Net Carbohydrates: 29.29g (10.65%), Sugar: 8.74g (9.71%), Cholesterol: 57.81mg (19.27%), Sodium: 285.44mg (12.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.66%), Vitamin B1: 0.26mg (17.06%), Selenium: 9.54µg (13.63%), Vitamin B2: 0.23mg (13.6%), Manganese: 0.24mg (11.82%), Phosphorus: 117.33mg (11.73%), Folate: 46.33µg (11.58%), Iron: 1.74mg (9.67%), Calcium: 92.28mg (9.23%), Fiber: 2.29g (9.17%), Vitamin B3: 1.78mg (8.9%), Vitamin B6: 0.15mg (7.55%), Magnesium: 27.79mg (6.95%), Vitamin A: 288.39IU (5.77%), Zinc: 0.86mg (5.73%), Vitamin B5: 0.43mg (4.26%), Copper: 0.08mg (4.08%), Potassium: 135.82mg (3.88%), Vitamin B12: 0.23µg (3.87%), Vitamin D: 0.57µg (3.79%), Vitamin K: 3.78µg (3.6%), Vitamin E: 0.42mg (2.83%), Vitamin C: 1.6mg (1.93%)