



Buttermilk Corn Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



83 kcal

BREAD

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 tablespoons canola oil
- ☐ 1 large eggs lightly beaten
- ☐ 1 cup buttermilk fat-free
- ☐ 4.5 ounces flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup cornmeal yellow

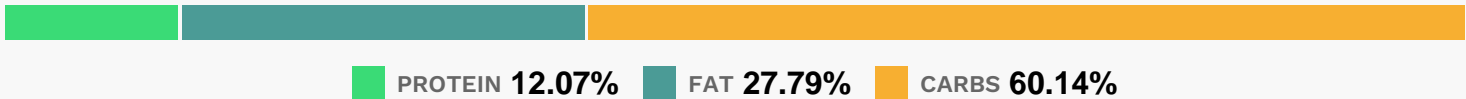
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 42
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, cornmeal, baking powder, and salt; make a well in center of mixture. In another bowl, combine buttermilk, oil, and egg; stir with a whisk.
- ☐ Add to flour mixture; stir just until moistened. Scrape mixture into an 8-inch square baking pan coated with cooking spray.
- ☐ Bake at 425 for 20 minutes or until a wooden pick inserted in center comes out clean. Cool in a pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:14.72, Glycemic Load:7.77, Inflammation Score:-1, Nutrition Score:2.6100000013476%

Nutrients (% of daily need)

Calories: 83.47kcal (4.17%), Fat: 2.56g (3.94%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 12.48g (4.16%), Net Carbohydrates: 11.56g (4.2%), Sugar: 0.89g (0.99%), Cholesterol: 11.92mg (3.97%), Sodium: 144.17mg (6.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.01%), Selenium: 4.11µg (5.87%), Vitamin B1: 0.09mg (5.75%), Manganese: 0.1mg (5.16%), Folate: 18.59µg (4.65%), Phosphorus: 42.52mg (4.25%), Iron: 0.7mg (3.91%), Fiber: 0.92g (3.67%), Vitamin B2: 0.06mg (3.56%), Calcium: 34.74mg (3.47%), Vitamin B3: 0.66mg (3.29%), Vitamin B6: 0.05mg (2.64%), Magnesium: 10.24mg (2.56%), Vitamin E: 0.37mg (2.48%), Zinc: 0.33mg (2.18%), Copper:

0.03mg (1.59%), Vitamin B5: 0.13mg (1.27%), Vitamin K: 1.3µg (1.23%), Potassium: 36.96mg (1.06%)