



Buttermilk Cornsticks

READY IN



10 min.

SERVINGS



10

CALORIES



241 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 2 cups self-rising cornmeal mix
- ☐ 2 large eggs
- ☐ 2.3 cups buttermilk fat-free
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup granular sweetener

Equipment

- ☐ oven

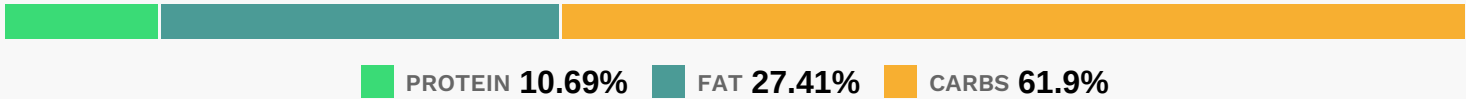
☐

whisk

Directions

- ☐
- Combine 2 cups cornmeal mix and next 2 ingredients; make a well in center of mixture.
- ☐
- Whisk together eggs, 2 1/4 cups buttermilk, and 1/3 cup melted butter.
- ☐
- Add to cornmeal mixture, stirring just until moistened.
- ☐
- Heat cast-iron cornstick pans in a 425 oven 5 minutes or until hot.
- ☐
- Remove pans from oven, and coat evenly with cooking spray.
- ☐
- Spoon batter into hot pans.
- ☐
- Bake at 425 for 10 to 12 minutes or until lightly browned.
- ☐
- Remove from pans immediately.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:5.18, Inflammation Score:-5, Nutrition Score:8.513478188411%

Nutrients (% of daily need)

Calories: 241.23kcal (12.06%), Fat: 8.15g (12.54%), Saturated Fat: 4.35g (27.2%), Carbohydrates: 41.42g (13.81%), Net Carbohydrates: 34.27g (12.46%), Sugar: 4.31g (4.79%), Cholesterol: 54.53mg (18.18%), Sodium: 560.47mg (24.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.15g (14.3%), Folate: 111.84µg (27.96%), Phosphorus: 253.08mg (25.31%), Vitamin B1: 0.32mg (21.36%), Vitamin B2: 0.24mg (14.22%), Iron: 2.29mg (12.75%), Manganese: 0.24mg (12.11%), Calcium: 117.4mg (11.74%), Vitamin B3: 2.33mg (11.66%), Fiber: 2.4g (9.58%), Selenium: 6.32µg (9.03%), Vitamin B6: 0.15mg (7.61%), Vitamin A: 340.67IU (6.81%), Magnesium: 21.77mg (5.44%), Zinc: 0.67mg (4.49%), Copper: 0.07mg (3.4%), Vitamin B5: 0.33mg (3.33%), Potassium: 96.03mg (2.74%), Vitamin E: 0.29mg (1.91%), Vitamin B12: 0.1µg (1.7%), Vitamin D: 0.2µg (1.33%)