



Calico Cornbread

READY IN



45 min.

SERVINGS



10

CALORIES



141 kcal

BREAD

Ingredients

- 0.5 teaspoon baking soda
- 7 ounce regular corn mexican-style drained canned
- 1 eggs lightly beaten
- 1 cup flour all-purpose
- 2 tablespoons butter melted
- 0.7 cup nonfat buttermilk
- 0.5 cup onion fresh thawed chopped
- 0.3 teaspoon pepper
- 0.3 teaspoon salt

- 1 tablespoon sugar
- 0.7 cup cornmeal yellow

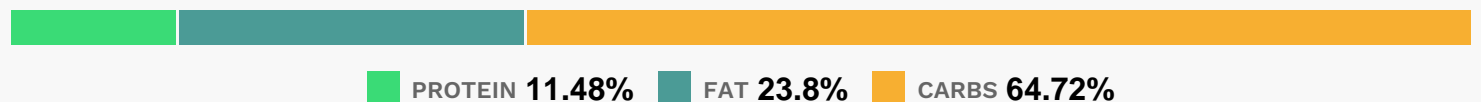
Equipment

- bowl
- frying pan
- oven

Directions

- Place a 9-inch cast-iron skillet in a 450 oven 5 minutes or until hot.
- Combine first 6 ingredients in a large bowl; make a well in center of mixture.
- Combine buttermilk and next 4 ingredients; add to dry ingredients, stirring just until moistened.
- Coat hot skillet with cooking spray; immediately pour batter into hot skillet.
- Bake at 450 for 20 minutes or until golden.
- Cut into 10 wedges.

Nutrition Facts



Properties

Glycemic Index:27.26, Glycemic Load:12.52, Inflammation Score:-3, Nutrition Score:4.0282608763031%

Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 141.25kcal (7.06%), Fat: 3.72g (5.72%), Saturated Fat: 0.78g (4.89%), Carbohydrates: 22.74g (7.58%), Net Carbohydrates: 21.25g (7.73%), Sugar: 2.54g (2.82%), Cholesterol: 16.68mg (5.56%), Sodium: 193.38mg (8.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.06%), Vitamin B1: 0.14mg (9.25%), Manganese: 0.18mg (9.12%), Folate: 35.86µg (8.96%), Selenium: 6.27µg (8.96%), Fiber: 1.48g (5.93%), Vitamin B3: 1.17mg (5.84%),

Vitamin B2: 0.1mg (5.78%), Iron: 1.04mg (5.78%), Phosphorus: 57.24mg (5.72%), Magnesium: 17.77mg (4.44%),
Vitamin B6: 0.09mg (4.28%), Zinc: 0.54mg (3.62%), Copper: 0.06mg (2.84%), Potassium: 90.16mg (2.58%), Vitamin
A: 124.35IU (2.49%), Vitamin B5: 0.2mg (1.98%), Vitamin C: 1.12mg (1.36%), Vitamin E: 0.18mg (1.21%), Calcium:
10.37mg (1.04%)