



Cheddar Dill Cornbread

 Vegetarian

READY IN



70 min.

SERVINGS



12

CALORIES



440 kcal

BREAD

Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 8 ounces aged cheddar extra-sharp divided grated
- ☐ 3 extra large eggs lightly beaten
- ☐ 3 cups flour all-purpose
- ☐ 1 cup optional: dill fresh minced
- ☐ 2 teaspoons kosher salt
- ☐ 2 cups milk
- ☐ 0.3 cup sugar

- ☐ 0.5 pound butter unsalted melted 2 sticks
- ☐ 1 cup cornmeal yellow

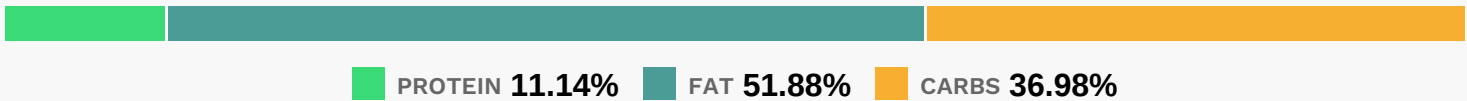
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ toothpicks
- ☐ wooden spoon

Directions

- ☐ Combine the flour, cornmeal, sugar, baking powder, and salt in a large bowl. In separate bowl, combine the milk, eggs, and butter. With a wooden spoon, stir the wet ingredients into the dry until most of the lumps are dissolved. Don't overmix!
- ☐ Mix in 2 cups of the grated Cheddar and the dill, and allow the mixture to sit at room temperature for 20 minutes.
- ☐ Meanwhile, preheat the oven to 350 degrees F. Grease a 9 by 13 by 2-inch baking pan.
- ☐ Pour the batter into the prepared pan, smooth the top, and sprinkle with the remaining grated Cheddar.
- ☐ Bake for 30 to 35 minutes, or until a toothpick comes out clean. Cool and cut into large squares.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:32.13, Glycemic Load:27.31, Inflammation Score:-7, Nutrition Score:13.259130436441%

Flavonoids

Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 440.46kcal (22.02%), Fat: 25.53g (39.28%), Saturated Fat: 14.72g (92%), Carbohydrates: 40.96g (13.65%), Net Carbohydrates: 38.78g (14.1%), Sugar: 6.53g (7.26%), Cholesterol: 116.49mg (38.83%), Sodium: 764.18mg (33.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.33g (24.66%), Calcium: 327.45mg (32.74%), Selenium: 22.03µg (31.47%), Phosphorus: 269.86mg (26.99%), Vitamin B2: 0.39mg (22.88%), Vitamin A: 1105.45IU (22.11%), Vitamin B1: 0.32mg (21.48%), Folate: 78.68µg (19.67%), Manganese: 0.36mg (17.86%), Iron: 2.61mg (14.49%), Vitamin B3: 2.3mg (11.52%), Zinc: 1.72mg (11.5%), Vitamin B12: 0.58µg (9.61%), Magnesium: 35.8mg (8.95%), Fiber: 2.18g (8.7%), Vitamin B6: 0.16mg (8.07%), Vitamin D: 1.12µg (7.49%), Vitamin B5: 0.7mg (6.96%), Potassium: 204.98mg (5.86%), Vitamin E: 0.82mg (5.44%), Copper: 0.1mg (5.17%), Vitamin C: 3.33mg (4.04%), Vitamin K: 2.06µg (1.96%)