



Cheesy Cheddar Corn Bread

READY IN



27 min.

SERVINGS



9

CALORIES



180 kcal

Ingredients

- 2 cups self-rising cornmeal mix white (such as Lily)
- 1 large eggs lightly beaten
- 2 ounces cheddar cheese shredded reduced-fat
- 0.5 cup cup heavy whipping cream sour reduced-fat
- 1.3 cups nonfat buttermilk

Equipment

- bowl
- frying pan
- oven

- wire rack
- baking pan

Directions

- Preheat oven to 42
- Combine all ingredients except cooking spray in a large bowl.
- Pour batter into an 8-inch square baking pan coated with cooking spray.
- Bake at 425 for 20 minutes.
- Remove from oven; coat top of corn bread with cooking spray. Return to oven; bake 3 minutes or until a wooden pick inserted in center comes out clean and corn bread is golden.
- Serve warm, or cool completely in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:8.02086965351%

Nutrients (% of daily need)

Calories: 180.17kcal (9.01%), Fat: 3.4g (5.23%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 30.59g (10.2%), Net Carbohydrates: 28.21g (10.26%), Sugar: 1.72g (1.92%), Cholesterol: 27.12mg (9.04%), Sodium: 585.57mg (25.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.18%), Phosphorus: 296.5mg (29.65%), Folate: 104.44µg (26.11%), Vitamin B1: 0.28mg (18.5%), Calcium: 164.5mg (16.45%), Vitamin B2: 0.22mg (12.84%), Iron: 2mg (11.13%), Vitamin B3: 1.98mg (9.91%), Manganese: 0.2mg (9.84%), Fiber: 2.38g (9.52%), Vitamin B6: 0.16mg (8.01%), Magnesium: 23.35mg (5.84%), Zinc: 0.78mg (5.17%), Selenium: 3.02µg (4.31%), Vitamin A: 193.37IU (3.87%), Potassium: 117.11mg (3.35%), Copper: 0.06mg (2.99%), Vitamin B5: 0.24mg (2.41%), Vitamin B12: 0.13µg (2.23%)