



Corn Bread Sticks

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



159 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 tablespoon butter melted
- ☐ 1 tablespoon canola oil
- ☐ 0.5 cup cornmeal
- ☐ 1 large eggs beaten
- ☐ 0.7 cup flour all-purpose
- ☐ 0.5 cup buttermilk reduced-fat
- ☐ 0.3 teaspoon salt

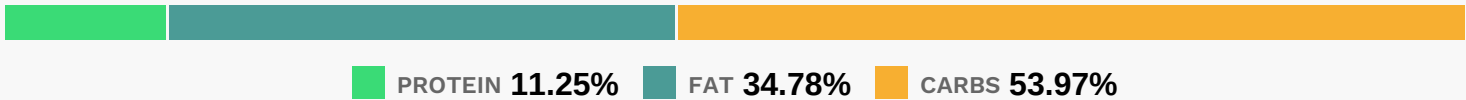
Equipment

- ☐ frying pan
- ☐ oven
- ☐ measuring cup

Directions

- ☐ Place a cast-iron corn bread stick mold pan in oven. Preheat oven to 40
- ☐ Weigh or lightly spoon flour into a dry measuring cup.
- ☐ Combine flour, cornmeal, baking powder, and salt. Stir in buttermilk, melted butter, canola oil, and egg, beaten.
- ☐ Remove pan from oven; divide batter among 6 corn bread stick molds.
- ☐ Bake at 400 for 12 minutes or until lightly browned on top.

Nutrition Facts



Properties

Glycemic Index:47.58, Glycemic Load:13.6, Inflammation Score:-2, Nutrition Score:5.2682608515024%

Nutrients (% of daily need)

Calories: 159.06kcal (7.95%), Fat: 6.15g (9.46%), Saturated Fat: 1.92g (12.02%), Carbohydrates: 21.46g (7.15%), Net Carbohydrates: 19.84g (7.21%), Sugar: 1.23g (1.37%), Cholesterol: 36.82mg (12.27%), Sodium: 224.81mg (9.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.94%), Selenium: 8.49µg (12.12%), Vitamin B1: 0.16mg (10.6%), Phosphorus: 94.28mg (9.43%), Manganese: 0.18mg (9.14%), Vitamin B2: 0.15mg (8.86%), Folate: 34.91µg (8.73%), Iron: 1.27mg (7.06%), Calcium: 70.54mg (7.05%), Fiber: 1.62g (6.49%), Vitamin B3: 1.17mg (5.83%), Vitamin B6: 0.11mg (5.27%), Magnesium: 20.66mg (5.17%), Zinc: 0.7mg (4.68%), Vitamin E: 0.62mg (4.12%), Vitamin B5: 0.32mg (3.25%), Copper: 0.06mg (3.02%), Potassium: 99.94mg (2.86%), Vitamin A: 112.71IU (2.25%), Vitamin B12: 0.12µg (2.04%), Vitamin K: 1.94µg (1.85%), Vitamin D: 0.17µg (1.11%)