



Cornbread

 Vegetarian

READY IN



35 min.

SERVINGS



10

CALORIES



221 kcal

BREAD

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 cups buttermilk
- ☐ 1 cup coarse cornmeal
- ☐ 2 large eggs beaten
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 8 tablespoons butter unsalted cooled melted 1 stick

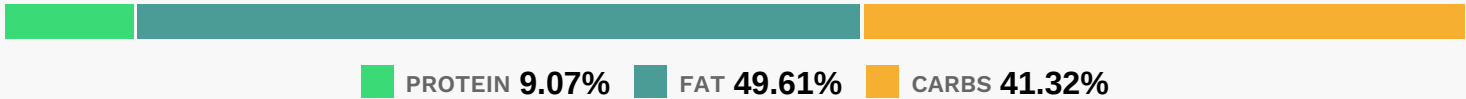
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 425F. Grease an 8-inch baking pan.
- ☐ Mix cornmeal, flour, sugar, baking soda and salt. In a large bowl, whisk together butter, eggs and buttermilk. Stir buttermilk mixture into flour mixture (batter will be slightly lumpy).
- ☐ Pour batter into baking pan.
- ☐ Bake until a toothpick inserted in center comes out clean, 22 to 25 minutes.
- ☐ Let cornbread cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:24.46, Glycemic Load:14.31, Inflammation Score:-4, Nutrition Score:5.7656521874925%

Nutrients (% of daily need)

Calories: 221.35kcal (11.07%), Fat: 12.26g (18.86%), Saturated Fat: 6.93g (43.32%), Carbohydrates: 22.97g (7.66%), Net Carbohydrates: 21.22g (7.72%), Sugar: 4.47g (4.97%), Cholesterol: 65.24mg (21.75%), Sodium: 225.07mg (9.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.09%), Selenium: 8.66µg (12.37%), Vitamin B2: 0.17mg (10.18%), Phosphorus: 98.99mg (9.9%), Vitamin B1: 0.14mg (9.52%), Manganese: 0.17mg (8.55%), Vitamin A: 393.29IU (7.87%), Folate: 29.4µg (7.35%), Fiber: 1.75g (6.99%), Vitamin B6: 0.13mg (6.41%), Iron: 1.1mg (6.11%), Magnesium: 24.1mg (6.03%), Vitamin D: 0.84µg (5.57%), Zinc: 0.83mg (5.57%), Calcium: 52.14mg (5.21%), Vitamin B3: 0.99mg (4.95%), Vitamin B12: 0.27µg (4.56%), Vitamin B5: 0.44mg (4.38%), Potassium: 126.39mg (3.61%), Copper: 0.07mg (3.51%), Vitamin E: 0.45mg (3.03%)