



Cornbread

 Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

383 kcal

BREAD

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 cups buttermilk
- ☐ 2 cups self-rising corn meal mix white
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons sugar

Equipment

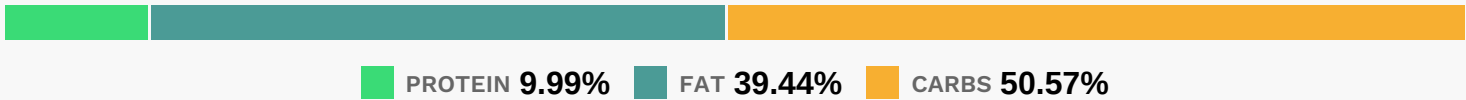
- ☐ bowl

- ☐ frying pan
- ☐ oven

Directions

- ☐ Melt butter in a 13- x 9-inch pan in a 425oven for 5 minutes.
- ☐ Stir together white cornmeal mix and next 4 ingredients in a large bowl.
- ☐ Tilt pan to coat with butter, and pour butter into cornmeal mixture, stirring well.
- ☐ Pour cornmeal mixture into hot pan.
- ☐ Bake at 425 for 30 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:28.26, Glycemic Load:11.63, Inflammation Score:-5, Nutrition Score:11.164782529292%

Nutrients (% of daily need)

Calories: 383.43kcal (19.17%), Fat: 16.85g (25.92%), Saturated Fat: 9.19g (57.42%), Carbohydrates: 48.6g (16.2%), Net Carbohydrates: 44.05g (16.02%), Sugar: 6.6g (7.33%), Cholesterol: 83.6mg (27.87%), Sodium: 173.91mg (7.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.6g (19.21%), Phosphorus: 207.33mg (20.73%), Vitamin B1: 0.28mg (18.65%), Manganese: 0.37mg (18.47%), Fiber: 4.56g (18.22%), Vitamin B2: 0.3mg (17.49%), Selenium: 11.51µg (16.45%), Magnesium: 60.91mg (15.23%), Vitamin B5: 1.49mg (14.93%), Vitamin B6: 0.28mg (14.09%), Iron: 2.47mg (13.74%), Folate: 50.61µg (12.65%), Zinc: 1.8mg (12%), Vitamin B3: 2.1mg (10.52%), Vitamin A: 521.05IU (10.42%), Calcium: 86.15mg (8.62%), Potassium: 294.53mg (8.42%), Vitamin D: 1.03µg (6.87%), Vitamin B12: 0.41µg (6.86%), Copper: 0.13mg (6.69%), Vitamin E: 0.66mg (4.39%), Vitamin K: 1.42µg (1.35%)