



Cornbread

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



875 kcal

BREAD

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 cup butter melted
- ☐ 2.8 cups cornmeal
- ☐ 4 eggs
- ☐ 3.8 cups flour all-purpose
- ☐ 0.8 cup milk
- ☐ 2 teaspoons salt
- ☐ 1.5 cups cup heavy whipping cream sour

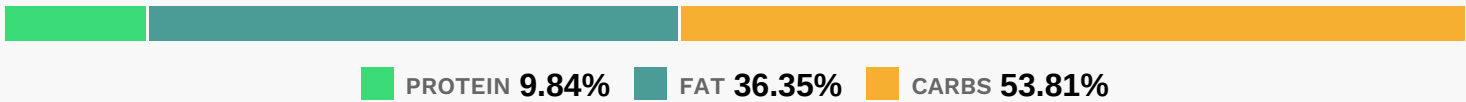
Equipment

- ☐ oven
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 425 degrees F.
- ☐ Mix together corn meal, flour, baking powder, sour cream, milk, eggs, salt and melted butter.
- ☐ Bake in a greased large loaf pan for 20 to 25 minutes until golden brown and when a toothpick inserted into center comes out clean.

Nutrition Facts



Properties

Glycemic Index:53.92, Glycemic Load:75.88, Inflammation Score:-8, Nutrition Score:26.312173776005%

Nutrients (% of daily need)

Calories: 875kcal (43.75%), Fat: 35.31g (54.33%), Saturated Fat: 17.9g (111.86%), Carbohydrates: 117.61g (39.2%), Net Carbohydrates: 108.64g (39.51%), Sugar: 4.9g (5.44%), Cholesterol: 187.38mg (62.46%), Sodium: 1184.34mg (51.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.51g (43.02%), Selenium: 42.76µg (61.09%), Vitamin B1: 0.87mg (58.21%), Manganese: 1.02mg (50.9%), Folate: 185.55µg (46.39%), Vitamin B2: 0.73mg (43.11%), Phosphorus: 429.29mg (42.93%), Iron: 6.59mg (36.6%), Fiber: 8.96g (35.85%), Vitamin B3: 6.53mg (32.64%), Vitamin B6: 0.56mg (27.85%), Magnesium: 109.03mg (27.26%), Calcium: 250.65mg (25.06%), Zinc: 3.52mg (23.46%), Vitamin A: 1038.76IU (20.78%), Copper: 0.32mg (16.07%), Vitamin B5: 1.55mg (15.53%), Potassium: 481.46mg (13.76%), Vitamin B12: 0.58µg (9.64%), Vitamin E: 1.3mg (8.65%), Vitamin D: 0.92µg (6.15%), Vitamin K: 2.75µg (2.62%)