



Cornbread

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



189 kcal

Ingredients

- 0.3 cup butter ()
- 1 cup milk
- 1 large eggs
- 1.3 cups cornmeal white blue yellow
- 1 cup flour all-purpose
- 0.5 cup granulated sugar
- 1 tablespoon double-acting baking powder
- 0.5 teaspoon salt

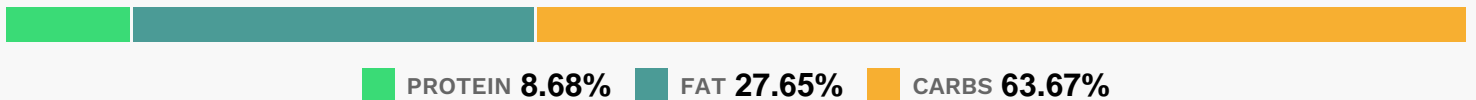
Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- toothpicks
- cake form
- spatula

Directions

- Heat the oven to 400°F. Spray the bottom and sides of an 8-inch square pan or 9-inch round cake pan with the cooking spray.
- In a 1-quart saucepan, heat the butter over low heat until melted.
- In a large bowl, beat the melted butter, milk and egg with a fork or wire whisk until well mixed.
- Add the cornmeal, flour, sugar, baking powder and salt all at once; stir just until the flour is moistened (batter will be lumpy).
- Pour batter into the pan; use a rubber spatula to scrape batter from bowl.
- Spread batter evenly in pan and smooth top of batter.
- Bake 20 to 25 minutes or until golden brown and a toothpick inserted in the center comes out clean.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:27.09, Glycemic Load:12.18, Inflammation Score:-3, Nutrition Score:5.2669565561025%

Nutrients (% of daily need)

Calories: 188.52kcal (9.43%), Fat: 5.85g (8.99%), Saturated Fat: 3.1g (19.36%), Carbohydrates: 30.28g (10.09%), Net Carbohydrates: 28.28g (10.28%), Sugar: 9.58g (10.65%), Cholesterol: 28.11mg (9.37%), Sodium: 247.9mg (10.78%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.26%), Phosphorus: 109.46mg (10.95%), Vitamin B1: 0.15mg (9.76%), Calcium: 90.77mg (9.08%), Manganese: 0.18mg (9.04%), Fiber: 2.01g (8.02%), Selenium: 5.3µg (7.57%), Vitamin B2: 0.12mg (7.32%), Iron: 1.3mg (7.22%), Folate: 26.46µg (6.62%), Magnesium: 26.3mg (6.58%), Vitamin B6: 0.12mg (6.04%), Vitamin B5: 0.6mg (6.03%), Vitamin B3: 1.11mg (5.53%), Zinc: 0.75mg (5.01%), Potassium: 122.29mg (3.49%), Vitamin A: 173.62IU (3.47%), Copper: 0.06mg (2.76%), Vitamin B12: 0.15µg (2.58%), Vitamin D: 0.31µg (2.05%), Vitamin E: 0.23mg (1.54%)