



Cornbread

READY IN



35 min.

SERVINGS



12

CALORIES



189 kcal

BREAD

Ingredients

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

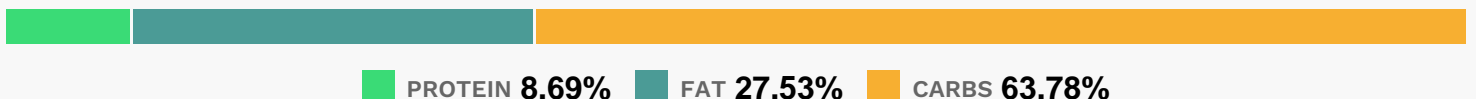
Equipment

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

Directions

- Heat the oven to 400F. 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:22.92, Glycemic Load:12.18, Inflammation Score:-3, Nutrition Score:5.3043478122386%

Nutrients (% of daily need)

Calories: 188.61kcal (9.43%), Fat: 5.82g (8.95%), Saturated Fat: 1.46g (9.1%), Carbohydrates: 30.32g (10.11%), Net Carbohydrates: 28.32g (10.3%), Sugar: 9.58g (10.64%), Cholesterol: 17.94mg (5.98%), Sodium: 262.09mg (11.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.26%), Phosphorus: 109.41mg (10.94%), Vitamin B1: 0.15mg (9.78%), Calcium: 91.05mg (9.1%), Manganese: 0.18mg (9.04%), Fiber: 2.01g (8.02%), Selenium: 5.25µg (7.5%), Vitamin B2: 0.12mg (7.33%), Iron: 1.3mg (7.22%), Magnesium: 26.35mg (6.59%), Folate: 26.37µg (6.59%), Vitamin B6: 0.12mg (6.05%), Vitamin B5: 0.6mg (6.02%), Vitamin B3: 1.1mg (5.52%), Zinc: 0.75mg (4.99%), Vitamin A: 224.6IU (4.49%), Potassium: 123.14mg (3.52%), Copper: 0.06mg (2.76%), Vitamin B12: 0.15µg (2.53%), Vitamin D: 0.31µg (2.05%), Vitamin E: 0.27mg (1.79%)