



Cornbread Crostini

READY IN



30 min.

SERVINGS



100

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 2 cups buttermilk
- ☐ 2 cups self-rising cornmeal mix white
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons sugar

Equipment

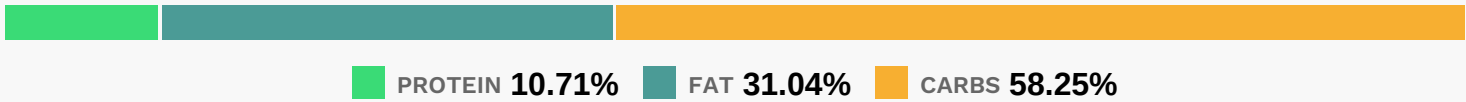
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Stir together all ingredients just until moistened. Spoon batter into greased muffin pans (about 1 Tbsp. per cup).
- ☐ Bake, in batches, 15 minutes or until golden brown.
- ☐ Note: Cool completely, and freeze in zip-top plastic freezer bags up to 1 month, if desired. To serve, arrange desired number of cornbread rounds on a baking sheet, and bake at 350 for 5 to 6 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:2.26, Glycemic Load:0.59, Inflammation Score:-1, Nutrition Score:0.95608695936592%

Nutrients (% of daily need)

Calories: 23.51kcal (1.18%), Fat: 0.82g (1.26%), Saturated Fat: 0.43g (2.68%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 3.22g (1.17%), Sugar: 0.48g (0.53%), Cholesterol: 5.47mg (1.82%), Sodium: 54.97mg (2.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.27%), Phosphorus: 29.01mg (2.9%), Folate: 10.85µg (2.71%), Vitamin B1: 0.03mg (2.12%), Vitamin B2: 0.03mg (1.82%), Calcium: 16.48mg (1.65%), Iron: 0.22mg (1.2%), Manganese: 0.02mg (1.11%), Vitamin B3: 0.22mg (1.1%), Selenium: 0.7µg (1.01%)