



Cornbread Croutons

READY IN



10 min.

SERVINGS



8

CALORIES



133 kcal

Ingredients

- ☐ 1 cup buttermilk
- ☐ 1 cup self-rising corn meal mix white
- ☐ 1 large eggs
- ☐ 0.5 teaspoon pepper divided
- ☐ 0.5 teaspoon salt divided
- ☐ 2 tablespoons add carrot and onion to bacon fat . cook

Equipment

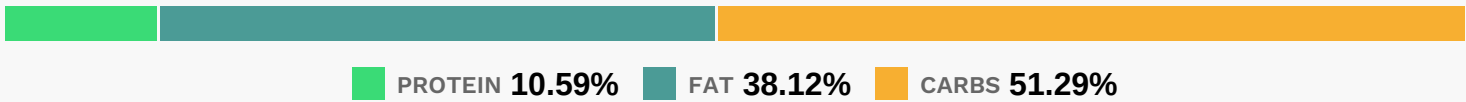
- ☐ frying pan
- ☐ baking sheet

- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 45
- ☐ Coat bottom and sides of an 8-inch square pan with bacon drippings; heat in oven 5 minutes.
- ☐ Whisk together 1 cup cornmeal mix, buttermilk, egg, 1/4 tsp. salt, and 1/4 tsp. pepper; pour batter into hot pan.
- ☐ Bake at 450 for 15 to 17 minutes or until lightly browned. Turn out onto a wire rack; cool completely (about 30 minutes). Reduce oven temperature to 32
- ☐ Cut cornbread into 1 1/2-inch squares.
- ☐ Place on a baking sheet; sprinkle with remaining salt and pepper.
- ☐ Bake at 325 for 30 to 35 minutes or until crisp and lightly browned.
- ☐ Remove to a wire rack; cool completely (about 30 minutes). Store in airtight container up to 1 day.

Nutrition Facts



Properties

Glycemic Index:7.88, Glycemic Load:0.47, Inflammation Score:-3, Nutrition Score:5.4013043719789%

Nutrients (% of daily need)

Calories: 133.2kcal (6.66%), Fat: 5.68g (8.74%), Saturated Fat: 2.22g (13.86%), Carbohydrates: 17.19g (5.73%), Net Carbohydrates: 15.82g (5.75%), Sugar: 1.49g (1.65%), Cholesterol: 29.88mg (9.96%), Sodium: 471.28mg (20.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Phosphorus: 176.41mg (17.64%), Folate: 60.56µg (15.14%), Vitamin B1: 0.17mg (11.22%), Calcium: 102.18mg (10.22%), Vitamin B2: 0.17mg (10.14%), Iron: 1.18mg (6.58%), Manganese: 0.13mg (6.45%), Vitamin B3: 1.14mg (5.69%), Fiber: 1.37g (5.48%), Vitamin B6: 0.1mg (5.18%), Selenium: 3.04µg (4.34%), Vitamin D: 0.6µg (4.02%), Magnesium: 15.44mg (3.86%), Zinc: 0.5mg (3.3%), Vitamin B12: 0.19µg (3.23%), Vitamin B5: 0.29mg (2.93%), Vitamin A: 144.92IU (2.9%), Potassium: 94.8mg (2.71%), Copper: 0.04mg (2.17%)