



WHATSheATE



Cornbread Croutons

READY IN



21 min.

SERVINGS



20

CALORIES



56 kcal

Ingredients

- ☐ 8.5 oz corn muffin mix with jiffy)
- ☐ 1 large eggs
- ☐ 0.3 cup milk 1% low-fat

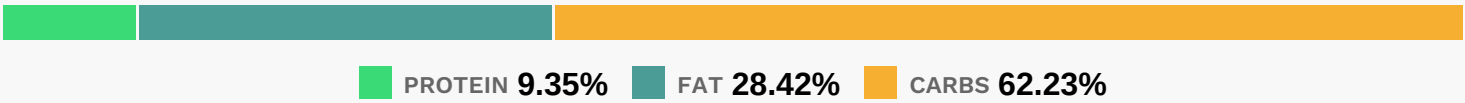
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ spatula

Directions

- ☐ Stir together all ingredients in a bowl just until moistened; let stand 4 minutes. Using a spatula, spread corn muffin batter into an 8" x 9" rectangle in a lightly greased, parchment paper-lined jelly-roll pan.
- ☐ Bake at 400 for 10 minutes or until golden; turn oven off, and remove cornbread. Cool.
- ☐ Cut cornbread into 1" cubes. Return cornbread to warm (turned-off) oven.
- ☐ Let stand in oven, with door closed, 1 hour or until croutons are dry and crunchy.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.6239130578773%

Nutrients (% of daily need)

Calories: 55.63kcal (2.78%), Fat: 1.75g (2.68%), Saturated Fat: 0.47g (2.96%), Carbohydrates: 8.6g (2.87%), Net Carbohydrates: 7.81g (2.84%), Sugar: 2.65g (2.95%), Cholesterol: 9.74mg (3.25%), Sodium: 103.52mg (4.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.58%), Phosphorus: 67.92mg (6.79%), Vitamin B1: 0.05mg (3.65%), Fiber: 0.78g (3.13%), Folate: 12.46µg (3.11%), Vitamin B2: 0.05mg (2.92%), Selenium: 1.52µg (2.18%), Vitamin B3: 0.41mg (2.04%), Manganese: 0.04mg (1.94%), Iron: 0.34mg (1.92%), Calcium: 13.22mg (1.32%), Vitamin B5: 0.11mg (1.1%), Vitamin B6: 0.02mg (1.1%)