



Cornbread Crumbles

READY IN



70 min.

SERVINGS



10

CALORIES



380 kcal

DESSERT

Ingredients

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

Equipment

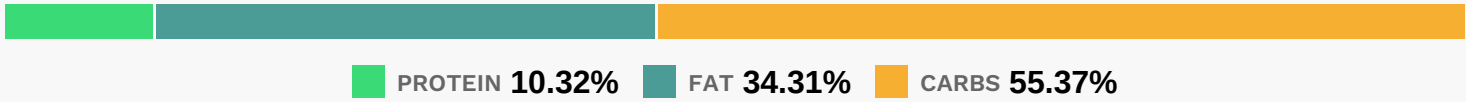
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 42
- ☐ Stir together cornmeal mix, flour, and sugar in a large bowl; whisk in buttermilk, eggs, and butter.
- ☐ Pour batter into a lightly greased 13- x 9-inch pan.
- ☐ Bake 30 minutes or until golden brown.
- ☐ Remove from oven, invert onto a wire rack, and cool completely (about 30 minutes); crumble cornbread.

Nutrition Facts



Properties

Glycemic Index:22.61, Glycemic Load:9.67, Inflammation Score:-7, Nutrition Score:14.866521856059%

Nutrients (% of daily need)

Calories: 379.69kcal (18.98%), Fat: 14.6g (22.46%), Saturated Fat: 7.89g (49.34%), Carbohydrates: 53.01g (17.67%), Net Carbohydrates: 49.46g (17.98%), Sugar: 6g (6.67%), Cholesterol: 88.12mg (29.37%), Sodium: 842.84mg (36.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.88g (19.76%), Phosphorus: 439.13mg (43.91%), Folate: 168.51µg (42.13%), Vitamin B1: 0.5mg (33.48%), Vitamin B2: 0.48mg (28.19%), Calcium: 248.31mg (24.83%), Iron: 3.39mg (18.84%), Manganese: 0.36mg (17.78%), Vitamin B3: 3.47mg (17.36%), Selenium: 11.63µg (16.62%), Fiber: 3.55g (14.2%), Vitamin B6: 0.25mg (12.68%), Vitamin A: 629.81IU (12.6%), Magnesium: 39.52mg (9.88%), Zinc: 1.27mg (8.49%), Vitamin D: 1.24µg (8.24%), Vitamin B12: 0.48µg (8.07%), Vitamin B5: 0.77mg (7.66%), Potassium: 239.62mg (6.85%), Copper: 0.12mg (5.89%), Vitamin E: 0.48mg (3.19%), Vitamin K: 1.09µg (1.04%)