



Cornbread Crust Batter

READY IN



5 min.

SERVINGS



5

CALORIES



326 kcal

BATTER

Ingredients

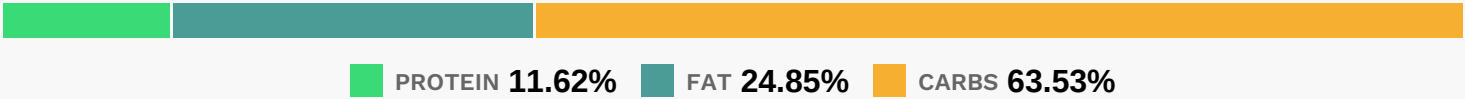
- ☐ 0.5 cup buttermilk
- ☐ 2 cups self-rising corn meal mix
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup cream sour

Equipment

Directions

- ☐ Stir together all ingredients.

Nutrition Facts



Properties

Glycemic Index:6.2, Glycemic Load:0.36, Inflammation Score:-7, Nutrition Score:15.279130497704%

Nutrients (% of daily need)

Calories: 325.66kcal (16.28%), Fat: 9.1g (13.99%), Saturated Fat: 3.68g (22.98%), Carbohydrates: 52.31g (17.44%), Net Carbohydrates: 48.03g (17.46%), Sugar: 2.03g (2.25%), Cholesterol: 90.61mg (30.2%), Sodium: 957.65mg (41.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.57g (19.14%), Phosphorus: 520.16mg (52.02%), Folate: 191.5µg (47.88%), Vitamin B1: 0.51mg (33.91%), Vitamin B2: 0.47mg (27.4%), Calcium: 265.35mg (26.53%), Iron: 3.74mg (20.77%), Manganese: 0.36mg (18%), Vitamin B3: 3.6mg (17.98%), Fiber: 4.28g (17.14%), Vitamin B6: 0.31mg (15.69%), Selenium: 7.88µg (11.26%), Magnesium: 43.82mg (10.96%), Vitamin A: 486.05IU (9.72%), Zinc: 1.37mg (9.14%), Vitamin B5: 0.74mg (7.36%), Potassium: 229.51mg (6.56%), Copper: 0.12mg (5.95%), Vitamin B12: 0.34µg (5.61%), Vitamin D: 0.71µg (4.75%), Vitamin E: 0.31mg (2.09%)