



Cornbread Focaccia

READY IN



15 min.

SERVINGS



10

CALORIES



299 kcal

BREAD

Ingredients

- 1 cup olives black coarsely chopped
- 0.3 cup butter melted
- 2 cups buttermilk
- 2 cups self-rising cornmeal mix white
- 2 large eggs lightly beaten
- 1 cup feta cheese crumbled
- 0.5 cup flour all-purpose
- 1 tablespoon rosemary fresh coarsely chopped
- 0.8 cup grape tomatoes cut in half

- 2 tablespoons sugar
- 0.3 oz rapid-rise yeast

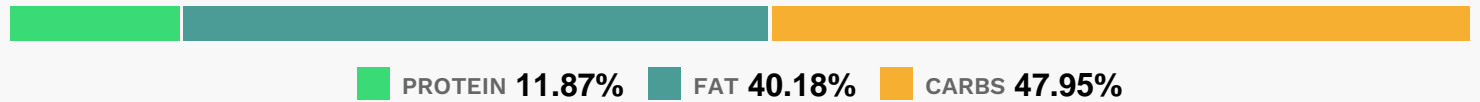
Equipment

- frying pan
- oven

Directions

- Preheat oven to 37
- Heat a well-greased 12-inch cast-iron skillet in oven 5 minutes. Stir together cornmeal mix and next 6 ingredients just until moistened; pour into hot skillet.
- Sprinkle with feta cheese, olives, tomatoes, and rosemary.
- Bake 30 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:29.11, Glycemic Load:6.13, Inflammation Score:-6, Nutrition Score:12.999130435612%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 298.96kcal (14.95%), Fat: 13.56g (20.86%), Saturated Fat: 6.57g (41.08%), Carbohydrates: 36.41g (12.14%), Net Carbohydrates: 33.3g (12.11%), Sugar: 5.16g (5.74%), Cholesterol: 68.03mg (22.68%), Sodium: 932.27mg (40.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.01g (18.03%), Phosphorus: 348.47mg (34.85%), Folate: 132.15µg (33.04%), Vitamin B1: 0.43mg (28.43%), Vitamin B2: 0.47mg (27.47%), Calcium: 247.72mg (24.77%), Vitamin B3: 2.72mg (13.62%), Selenium: 9.46µg (13.52%), Iron: 2.39mg (13.26%), Vitamin B6: 0.26mg (12.81%), Fiber: 3.11g (12.44%), Manganese: 0.24mg (12.2%), Vitamin A: 587.89IU (11.76%), Vitamin B12: 0.57µg (9.56%), Zinc: 1.35mg (8.98%), Magnesium: 31.98mg (7.99%), Vitamin B5: 0.75mg (7.55%), Potassium: 206.64mg (5.9%), Vitamin D: 0.88µg (5.89%), Vitamin E: 0.88mg (5.84%), Copper: 0.11mg (5.35%), Vitamin C: 1.58mg (1.91%), Vitamin K: 1.93µg

(1.84%)