



## Cornbread Ghosts

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



535 kcal

BREAD

## Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 cups buttermilk
- ☐ 2 cups cornmeal
- ☐ 4 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 1.3 cups sugar
- ☐ 16 tablespoons butter unsalted melted (2 sticks)

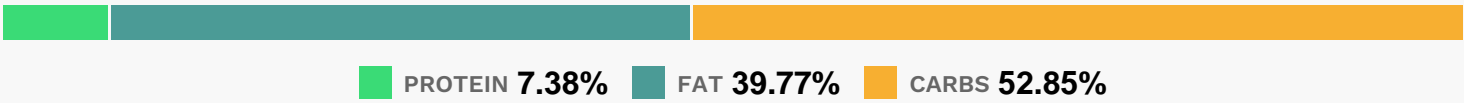
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ wooden spoon
- ☐ cookie cutter

## Directions

- ☐ Preheat oven to 375F. Mist a large, rimmed baking sheet with cooking spray.
- ☐ In a medium bowl, combine flour, cornmeal, baking soda and salt. In a large bowl, whisk melted butter and sugar.
- ☐ Whisk in eggs until well combined.
- ☐ Whisk in buttermilk.
- ☐ Add dry ingredients to buttermilk mixture and stir with a wooden spoon until just combined, leaving a few lumps. Do not overmix.
- ☐ Pour onto baking sheet, spreading evenly, and bake until golden and a toothpick inserted in center comes out clean, 20 to 25 minutes.
- ☐ Place pan on a wire rack to cool.
- ☐ Use a 3- to 4-inch ghost-shaped cookie cutter to form cornbread ghosts.

## Nutrition Facts



## Properties

Glycemic Index:24.46, Glycemic Load:46.98, Inflammation Score:-6, Nutrition Score:11.617391207944%

Nutrients (% of daily need)

Calories: 534.75kcal (26.74%), Fat: 23.86g (36.71%), Saturated Fat: 13.41g (83.84%), Carbohydrates: 71.32g (23.77%), Net Carbohydrates: 67.66g (24.6%), Sugar: 29.61g (32.9%), Cholesterol: 127.84mg (42.61%), Sodium: 425.29mg (18.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.97g (19.93%), Selenium: 18.68µg (26.69%), Vitamin B1: 0.32mg (21.56%), Vitamin B2: 0.34mg (19.98%), Manganese: 0.38mg (19.22%), Phosphorus: 184.33mg (18.43%), Folate: 69.03µg (17.26%), Vitamin A: 746.98IU (14.94%), Fiber: 3.66g (14.66%), Iron: 2.49mg (13.86%), Vitamin B6: 0.25mg (12.53%), Magnesium: 47.18mg (11.8%), Vitamin B3: 2.33mg (11.65%), Zinc: 1.62mg (10.83%), Vitamin D: 1.36µg (9.07%), Vitamin B5: 0.81mg (8.12%), Calcium: 77.84mg (7.78%), Vitamin B12: 0.44µg (7.28%), Copper: 0.14mg (7.25%), Potassium: 227.5mg (6.5%), Vitamin E: 0.9mg (5.97%), Vitamin K: 1.91µg (1.82%)