



Cornbread Rounds

 Vegetarian

READY IN



45 min.

SERVINGS



28

CALORIES



111 kcal

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 large eggs lightly beaten
- ☐ 1.5 cups milk
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1.3 cups unbleached flour all-purpose
- ☐ 0.8 cup butter unsalted melted
- ☐ 1.3 cups cornmeal yellow

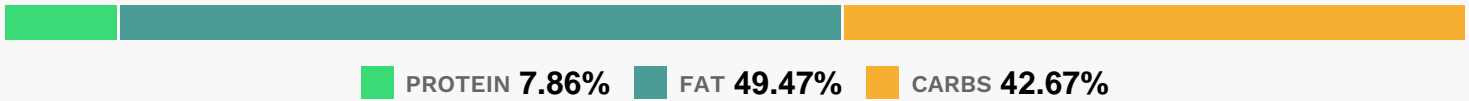
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Combine first 5 ingredients in a medium bowl; make a well in center of mixture.
- ☐ Whisk together eggs, milk, and butter; add to dry mixture, stirring just until moistened.
- ☐ Pour batter into a lightly greased 15- x 10-inch jelly-roll pan, spreading to edges of pan.
- ☐ Bake at 350 for 20 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Let cool completely in pan on a wire rack.
- ☐ Cut cornbread into 28 rounds using a 2 1/2-inch cutter.
- ☐ Place cornbread rounds on a lightly greased baking sheet. Broil 1 to 2 minutes or until browned. Turn rounds over, and broil 1 to 2 more minutes or until browned.

Nutrition Facts



Properties

Glycemic Index:12.27, Glycemic Load:7.76, Inflammation Score:-2, Nutrition Score:2.7826086995394%

Nutrients (% of daily need)

Calories: 111.22kcal (5.56%), Fat: 6.17g (9.49%), Saturated Fat: 3.56g (22.26%), Carbohydrates: 11.97g (3.99%), Net Carbohydrates: 11.15g (4.06%), Sugar: 2.55g (2.84%), Cholesterol: 27.93mg (9.31%), Sodium: 118.84mg (5.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.41%), Selenium: 3.73µg (5.34%), Phosphorus: 53.12mg (5.31%), Vitamin B1: 0.07mg (4.94%), Calcium: 46.04mg (4.6%), Manganese: 0.09mg (4.28%), Vitamin B2: 0.07mg (4.17%), Vitamin A: 192.41IU (3.85%), Folate: 14.49µg (3.62%), Fiber: 0.82g (3.28%), Iron: 0.58mg (3.24%), Vitamin B6: 0.06mg (2.93%), Magnesium: 11.06mg (2.76%), Vitamin B3: 0.52mg (2.62%), Zinc: 0.36mg (2.43%), Vitamin D: 0.31µg (2.04%), Vitamin B12: 0.11µg (1.88%), Vitamin B5: 0.18mg (1.77%), Potassium: 54.96mg (1.57%), Copper: 0.03mg (1.46%), Vitamin E: 0.21mg (1.43%)