

Cornbread Topping

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



209 kcal

BREAD

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups buttermilk
- ☐ 0.3 cup canola oil
- ☐ 1 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces cheddar cheese shredded extra-sharp

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1 cup cornmeal yellow

Equipment

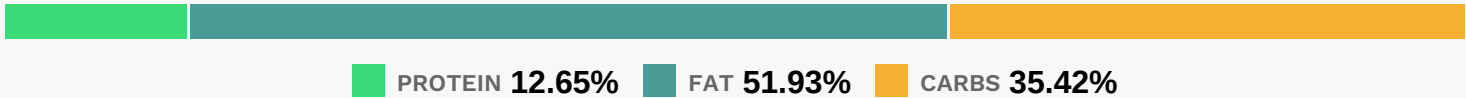
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bowl

Directions

- ☐ Stir together first 5 ingredients in a medium bowl.
- ☐ Add buttermilk, egg, and oil, and stir until smooth. Stir in cheese.

Nutrition Facts



Properties

Glycemic Index:29.35, Glycemic Load:11.14, Inflammation Score:-3, Nutrition Score:6.4686956094659%

Nutrients (% of daily need)

Calories: 209.36kcal (10.47%), Fat: 12.12g (18.64%), Saturated Fat: 3.61g (22.53%), Carbohydrates: 18.6g (6.2%), Net Carbohydrates: 16.93g (6.16%), Sugar: 2.08g (2.31%), Cholesterol: 33.9mg (11.3%), Sodium: 409.14mg (17.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.64g (13.28%), Calcium: 161.59mg (16.16%), Phosphorus: 148.11mg (14.81%), Selenium: 9.15µg (13.07%), Vitamin B2: 0.18mg (10.61%), Vitamin E: 1.21mg (8.04%), Vitamin B1: 0.12mg (7.93%), Zinc: 1.15mg (7.7%), Manganese: 0.15mg (7.44%), Fiber: 1.66g (6.66%), Magnesium: 25.81mg (6.45%), Vitamin B6: 0.13mg (6.29%), Folate: 23.37µg (5.84%), Vitamin B12: 0.33µg (5.51%), Iron: 0.95mg (5.27%), Vitamin D: 0.64µg (4.24%), Vitamin K: 4.44µg (4.23%), Vitamin B3: 0.8mg (4.02%), Vitamin A: 200.02IU (4%), Vitamin B5: 0.38mg (3.82%), Potassium: 122.26mg (3.49%), Copper: 0.06mg (3.2%)