



Cornbread Wedges

READY IN



30 min.

SERVINGS



8

CALORIES



176 kcal

Ingredients

- ☐ 6.5 oz just-add-water cornbread mix
- ☐ 0.7 cup milk
- ☐ 0.3 cup butter melted
- ☐ 2 eggs
- ☐ 0.3 cup spring onion chopped

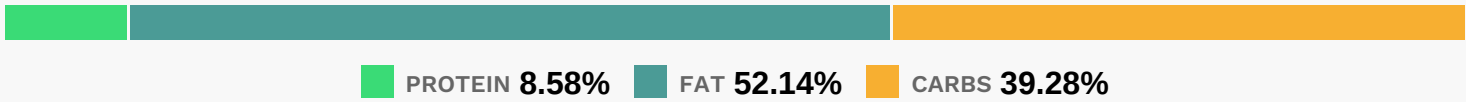
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 400°F. Grease divided scone pan with shortening. Make muffin mixes as directed on pouch, using milk, margarine and eggs. Stir in onions. Spoon evenly into each wedge of pan.
- ☐ Bake 15 to 17 minutes or until golden brown. Immediately remove from pan to cooling rack.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.41, Inflammation Score:-4, Nutrition Score:4.8617391793624%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 176.22kcal (8.81%), Fat: 10.22g (15.73%), Saturated Fat: 2.62g (16.38%), Carbohydrates: 17.33g (5.78%), Net Carbohydrates: 15.75g (5.73%), Sugar: 5.78g (6.42%), Cholesterol: 43.82mg (14.61%), Sodium: 278.93mg (12.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.57%), Phosphorus: 157.74mg (15.77%), Vitamin B2: 0.15mg (8.59%), Vitamin A: 403.73IU (8.07%), Vitamin B1: 0.12mg (7.77%), Vitamin K: 7.71µg (7.35%), Selenium: 5.07µg (7.25%), Folate: 28.66µg (7.17%), Fiber: 1.58g (6.31%), Calcium: 48.68mg (4.87%), Iron: 0.81mg (4.53%), Vitamin B3: 0.82mg (4.09%), Manganese: 0.08mg (4.07%), Vitamin B12: 0.24µg (3.93%), Vitamin B5: 0.36mg (3.63%), Vitamin B6: 0.06mg (3.16%), Vitamin D: 0.44µg (2.96%), Vitamin E: 0.4mg (2.66%), Magnesium: 10.13mg (2.53%), Zinc: 0.37mg (2.46%), Potassium: 83.31mg (2.38%), Copper: 0.03mg (1.51%)