

Cornbread Wedges

READY IN



30 min.

SERVINGS



8

CALORIES



273 kcal

Ingredients

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

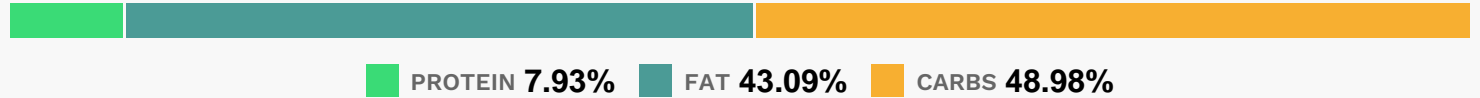
Equipment

- frying pan
- oven
- wire rack

Directions

- Heat oven to 400F. 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:7.2734782929006%

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: 272.5kcal (13.62%), Fat: 13.03g (20.05%), Saturated Fat: 3.33g (20.83%), Carbohydrates: 33.34g (11.11%), Net Carbohydrates: 30.26g (11%), Sugar: 10.46g (11.62%), Cholesterol: 44.28mg (14.76%), Sodium: 467.12mg (20.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.4g (10.8%), Phosphorus: 270.38mg (27.04%), Vitamin B1: 0.21mg (14.33%), Folate: 50.08µg (12.52%), Fiber: 3.08g (12.3%), Vitamin B2: 0.21mg (12.28%), Selenium: 6.36µg (9.09%), Vitamin A: 430.22IU (8.6%), Vitamin K: 8.87µg (8.44%), Vitamin B3: 1.59mg (7.94%), Iron: 1.39mg (7.72%), Manganese: 0.15mg (7.7%), Calcium: 61.81mg (6.18%), Vitamin B5: 0.47mg (4.74%), Vitamin B6: 0.09mg (4.63%), Vitamin B12: 0.26µg (4.27%), Magnesium: 15.65mg (3.91%), Zinc: 0.5mg (3.33%), Potassium: 109.34mg (3.12%), Vitamin D: 0.44µg (2.96%), Vitamin E: 0.44mg (2.91%), Copper: 0.05mg (2.49%)