



Cornmeal Sally Lunn

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



272 kcal

SIDE DISH

Ingredients

- 1 teaspoon baking soda
- 1.3 cups buttermilk
- 2 cups cornmeal
- 8 ounce carton commercial cream sour
- 0.5 teaspoon salt

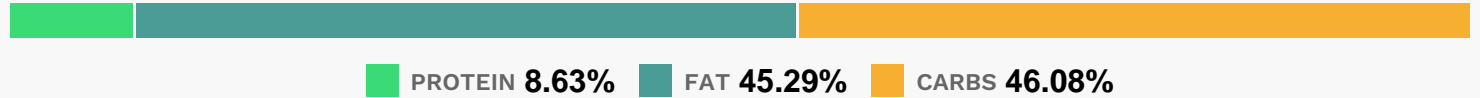
Equipment

- oven

Directions

- Combine cornmeal, baking soda, and 1/2 teaspoon salt; add buttermilk and sour cream, mixing well.
- Pour batter into a well-greased 9-inch pie plate.
- Bake at 350 for 40 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:12.44, Glycemic Load:17.86, Inflammation Score:-5, Nutrition Score:7.1034782431696%

Nutrients (% of daily need)

Calories: 272.28kcal (13.61%), Fat: 13.81g (21.25%), Saturated Fat: 7.65g (47.8%), Carbohydrates: 31.61g (10.54%), Net Carbohydrates: 27.88g (10.14%), Sugar: 3.28g (3.64%), Cholesterol: 36.16mg (12.05%), Sodium: 330.76mg (14.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.85%), Fiber: 3.74g (14.95%), Phosphorus: 137.76mg (13.78%), Vitamin B6: 0.26mg (12.9%), Manganese: 0.26mg (12.85%), Magnesium: 48.27mg (12.07%), Zinc: 1.44mg (9.62%), Vitamin A: 478.61IU (9.57%), Vitamin B1: 0.14mg (9.5%), Vitamin B2: 0.15mg (9.1%), Iron: 1.23mg (6.83%), Selenium: 4.62µg (6.61%), Calcium: 64.31mg (6.43%), Vitamin D: 0.94µg (6.27%), Potassium: 205.58mg (5.87%), Copper: 0.11mg (5.44%), Vitamin B3: 1.03mg (5.17%), Vitamin B5: 0.45mg (4.51%), Folate: 16.52µg (4.13%), Vitamin B12: 0.22µg (3.63%), Vitamin E: 0.43mg (2.89%), Vitamin K: 1.1µg (1.05%)