



food  
network

## Corny Cornbread

READY IN



45 min.

SERVINGS



8

CALORIES



296 kcal

### Ingredients

- 0.5 teaspoon cayenne pepper
- 1 cup regular corn cream-style
- 1 cup self-rising cornmeal
- 2 eggs
- 0.8 cup self-rising flour
- 1 cup sharp cheddar grated
- 1 cup cup heavy whipping cream sour
- 0.5 cup vegetable oil for greasing pan

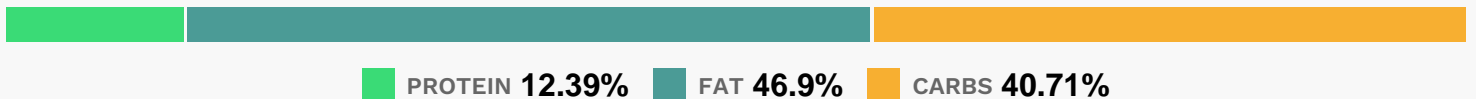
### Equipment

- bowl
- frying pan
- oven
- wooden spoon
- stove
- spatula
- muffin tray

## Directions

- Preheat oven to 375 degrees F.
- Generously season a cast iron skillet with up to 1/4 cup vegetable oil. Preheat the pan either in the oven or on the stove over medium-high heat.
- Mix 1/2 cup vegetable oil and remaining ingredients together in a large bowl, stirring with a wooden spoon or rubber spatula until combined.
- Pour batter into the preheated cast iron skillet.
- Place skillet in the oven and bake until golden brown, approximately 30 minutes. If making individual size cornbreads in smaller pans, they will require a shorter cooking time. Alternately, you can make this in muffin tins to make corn muffins, but check for doneness after 15 minutes.
- \*Cook's Note: Frozen creamed corn is sold in the frozen vegetables section of most grocery stores. It is much better than using canned corn.

## Nutrition Facts



## Properties

Glycemic Index:24.31, Glycemic Load:14.26, Inflammation Score:-4, Nutrition Score:8.1521739648736%

## Nutrients (% of daily need)

Calories: 296.44kcal (14.82%), Fat: 15.67g (24.11%), Saturated Fat: 6.64g (41.48%), Carbohydrates: 30.61g (10.2%), Net Carbohydrates: 28.04g (10.2%), Sugar: 2.46g (2.73%), Cholesterol: 72.01mg (24%), Sodium: 201.5mg (8.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.31g (18.62%), Selenium: 14.42µg (20.6%), Phosphorus:

181.09mg (18.11%), Calcium: 139.16mg (13.92%), Manganese: 0.25mg (12.61%), Vitamin B2: 0.2mg (12.03%), Zinc: 1.64mg (10.96%), Fiber: 2.57g (10.27%), Magnesium: 37.83mg (9.46%), Vitamin B6: 0.19mg (9.25%), Vitamin A: 455.97IU (9.12%), Folate: 34.38µg (8.59%), Vitamin B1: 0.09mg (6.09%), Iron: 1.07mg (5.93%), Vitamin K: 5.99µg (5.7%), Vitamin B5: 0.55mg (5.51%), Potassium: 183.11mg (5.23%), Copper: 0.1mg (5.21%), Vitamin B12: 0.31µg (5.13%), Vitamin E: 0.73mg (4.89%), Vitamin B3: 0.97mg (4.84%), Vitamin D: 0.3µg (2.03%), Vitamin C: 1.67mg (2.02%)