

## Cracklin' Bread I

READY IN



55 min.

SERVINGS



8

CALORIES



277 kcal

BREAD

### Ingredients

- 3 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 cup buttermilk
- 1.5 cups cornmeal
- 2 eggs beaten
- 0.5 cup flour all-purpose
- 2 tablespoons honey
- 1 small onion chopped
- 1 cup orange juice

- 0.5 pound fatty pork finely chopped
- 1 teaspoon salt

## Equipment

- frying pan
- oven
- mixing bowl

## Directions

- Preheat oven to 350 degrees F (175 degree C).
- In a 10 inch oven-proof skillet, fry the pork till crisp.
- Add onion, and cook till just tender.
- Drain off liquid fat, and reserve 2 tablespoons.
- In a large mixing bowl, combine corn meal, flour, baking powder, soda, and salt.
- Combine eggs, honey, buttermilk, and juice: mix into cornmeal mixture. Stir in pork and onions.
- Return reserved fat to skillet, and heat till very hot.
- Pour batter into skillet.
- Transfer to oven, and bake for 30 to 35 minutes.

## Nutrition Facts



**PROTEIN 15.48%** **FAT 30.69%** **CARBS 53.83%**

## Properties

Glycemic Index:49.72, Glycemic Load:21.97, Inflammation Score:-4, Nutrition Score:10.95086954858%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Quercetin: 1.85mg

## Nutrients (% of daily need)

Calories: 276.71kcal (13.84%), Fat: 9.45g (14.54%), Saturated Fat: 3.19g (19.97%), Carbohydrates: 37.29g (12.43%), Net Carbohydrates: 34.05g (12.38%), Sugar: 8.54g (9.49%), Cholesterol: 62.98mg (20.99%), Sodium: 567.55mg (24.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.73g (21.45%), Vitamin B1: 0.4mg (26.78%), Selenium: 15.46µg (22.09%), Phosphorus: 200.54mg (20.05%), Vitamin C: 16.37mg (19.85%), Vitamin B6: 0.34mg (16.81%), Manganese: 0.27mg (13.58%), Vitamin B2: 0.22mg (13.1%), Vitamin B3: 2.59mg (12.95%), Fiber: 3.24g (12.95%), Calcium: 124.4mg (12.44%), Zinc: 1.84mg (12.3%), Magnesium: 46.63mg (11.66%), Iron: 1.97mg (10.95%), Folate: 42.84µg (10.71%), Potassium: 299.01mg (8.54%), Vitamin B5: 0.7mg (7%), Copper: 0.13mg (6.36%), Vitamin B12: 0.37µg (6.09%), Vitamin A: 148.31IU (2.97%), Vitamin D: 0.41µg (2.77%), Vitamin E: 0.26mg (1.7%)