



Curry Cornbread

READY IN



45 min.

SERVINGS



9

CALORIES



210 kcal

BREAD

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.1 lb butter cooled melted
- ☐ 1 cup buttermilk
- ☐ 1.5 tablespoons curry powder
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.8 teaspoon salt
- ☐ 1 cup cornmeal yellow
- ☐ 2 tablespoons or

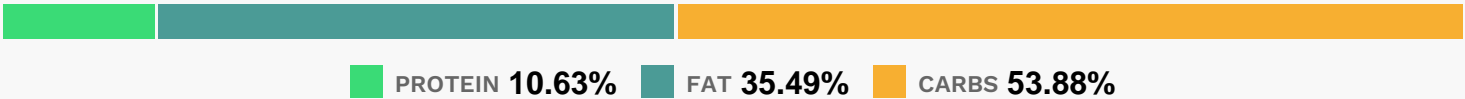
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ spatula

Directions

- ☐ In a bowl, mix flour, cornmeal, sugar, baking powder, salt, and curry powder. In another bowl, beat eggs to blend with buttermilk and 1/4 cup butter.
- ☐ Pour liquids into flour mixture and stir just until evenly moistened.
- ☐ Scrape batter into a buttered 8-inch square pan and spread smooth.
- ☐ Bake in a 400 oven until bread springs back when lightly pressed in the center and begins to pull from pan sides, about 25 minutes (20 minutes in a convection oven).
- ☐ Cut bread into squares. Lift from pan with a slender spatula.
- ☐ Serve hot or cool.

Nutrition Facts



Properties

Glycemic Index:37.95, Glycemic Load:17.91, Inflammation Score:-4, Nutrition Score:7.1473912791066%

Nutrients (% of daily need)

Calories: 210.22kcal (10.51%), Fat: 8.33g (12.82%), Saturated Fat: 2.13g (13.34%), Carbohydrates: 28.46g (9.49%), Net Carbohydrates: 26.09g (9.49%), Sugar: 4.34g (4.83%), Cholesterol: 44.27mg (14.76%), Sodium: 416.28mg (18.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.23%), Selenium: 10.36µg (14.79%), Phosphorus: 128.7mg (12.87%), Manganese: 0.26mg (12.79%), Vitamin B1: 0.18mg (12.14%), Calcium: 112.14mg (11.21%), Vitamin B2: 0.19mg (11.02%), Iron: 1.8mg (9.98%), Folate: 39.58µg (9.9%), Fiber: 2.37g (9.48%), Vitamin B6: 0.15mg (7.55%), Magnesium: 28.99mg (7.25%), Vitamin A: 339.21IU (6.78%), Vitamin B3: 1.32mg (6.62%), Zinc: 0.93mg (6.21%), Vitamin B5: 0.44mg (4.43%), Copper: 0.09mg (4.3%), Vitamin E: 0.62mg (4.16%), Potassium: 141.47mg (4.04%), Vitamin B12: 0.23µg (3.8%), Vitamin D: 0.57µg (3.79%), Vitamin K: 1.19µg (1.13%)