



## Easy Homemade Cornbread

 Vegetarian

READY IN



35 min.

SERVINGS



35

CALORIES



55 kcal

### Ingredients

- 0.3 cup butter melted
- 1 cup buttermilk
- 1 Tbsp calumet baking powder
- 1 eggs
- 1 cup each: cornmeal and flour
- 1 cup corn kernels fresh
- 0.5 cup bell pepper red chopped
- 0.5 cup sugar
- 0.8 cup taco cheese shredded mexican style kraft finely

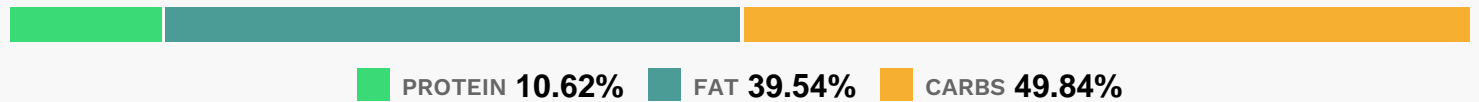
## Equipment

- bowl
- oven
- baking pan
- toothpicks

## Directions

- Preheat oven to 400F.
- Combine cornmeal, flour, baking powder and sugar in large bowl. Stir in corn, cheese and red pepper.
- Beat egg in small bowl.
- Add butter and buttermilk; stir into corn mixture just until combined.
- Pour into greased 8-inch square baking pan.
- Bake 25 to 30 min. or until light golden brown and toothpick inserted in center comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:10, Glycemic Load:4.18, Inflammation Score:-1, Nutrition Score:1.7569565384284%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 54.56kcal (2.73%), Fat: 2.45g (3.77%), Saturated Fat: 1.43g (8.95%), Carbohydrates: 6.96g (2.32%), Net Carbohydrates: 6.73g (2.45%), Sugar: 3.58g (3.98%), Cholesterol: 11.2mg (3.73%), Sodium: 71.13mg (3.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Calcium: 45.74mg (4.57%), Vitamin C: 3.01mg (3.64%), Phosphorus: 34.83mg (3.48%), Selenium: 2.27µg (3.24%), Vitamin A: 148.83IU (2.98%), Vitamin B2: 0.05mg (2.82%), Vitamin B1: 0.04mg (2.66%), Folate: 10.55µg (2.64%), Manganese: 0.03mg (1.74%), Vitamin B3: 0.32mg (1.58%), Iron: 0.27mg (1.52%), Vitamin B12: 0.08µg (1.25%), Zinc: 0.17mg (1.1%), Vitamin B5: 0.11mg (1.05%), Magnesium: 4.14mg

(1.03%)