



## Favorite Cornbread

READY IN



30 min.

SERVINGS



9

CALORIES



223 kcal

BREAD

## Ingredients

- 1 cup flour all-purpose
- 1 cup cornmeal
- 0.3 cup sugar
- 4 teaspoons double-acting baking powder
- 0.8 teaspoon salt
- 1 cup milk whole
- 2 large eggs room temperature
- 0.3 cup shortening

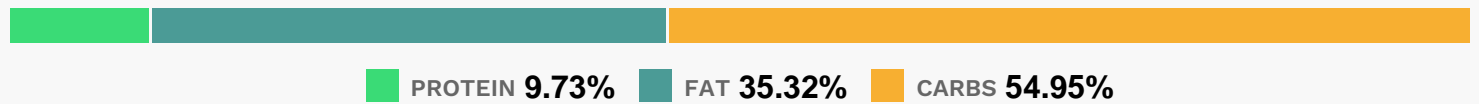
# Equipment

- bowl
- oven
- baking pan

# Directions

- In a bowl, combine flour, cornmeal, sugar, baking powder and salt.
- Add the milk, eggs and shortening; beat for 1 minute.
- Pour into a greased 9-in. square baking pan.
- Bake at 425&deg; for 20–25 minutes or until bread is golden brown and tests done.

# Nutrition Facts



# Properties

Glycemic Index:38.18, Glycemic Load:20.16, Inflammation Score:-2, Nutrition Score:6.8269564587137%

# Nutrients (% of daily need)

Calories: 223.22kcal (11.16%), Fat: 8.81g (13.56%), Saturated Fat: 2.48g (15.51%), Carbohydrates: 30.85g (10.28%), Net Carbohydrates: 28.81g (10.48%), Sugar: 7.2g (8%), Cholesterol: 44.59mg (14.86%), Sodium: 409.58mg (17.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.93%), Calcium: 147.41mg (14.74%), Phosphorus: 143.08mg (14.31%), Selenium: 9.73µg (13.9%), Vitamin B1: 0.18mg (12.19%), Manganese: 0.21mg (10.65%), Vitamin B2: 0.17mg (10.25%), Folate: 36.65µg (9.16%), Iron: 1.57mg (8.73%), Fiber: 2.04g (8.16%), Vitamin B6: 0.15mg (7.29%), Magnesium: 27.03mg (6.76%), Vitamin B3: 1.29mg (6.47%), Zinc: 0.9mg (6%), Vitamin B5: 0.48mg (4.76%), Vitamin B12: 0.25µg (4.09%), Vitamin E: 0.55mg (3.69%), Potassium: 128.25mg (3.66%), Copper: 0.07mg (3.59%), Vitamin D: 0.52µg (3.47%), Vitamin K: 3.22µg (3.07%), Vitamin A: 103.92IU (2.08%)