



Golden Cornbread

 Vegetarian

READY IN



35 min.

SERVINGS



6

CALORIES



387 kcal

Ingredients

- ☐ 2 eggs slightly beaten
- ☐ 1 cup milk
- ☐ 0.3 cup vegetable oil melted
- ☐ 1.5 cups cornmeal yellow
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup sugar
- ☐ 2.3 teaspoons double-acting baking powder
- ☐ 0.8 teaspoon salt

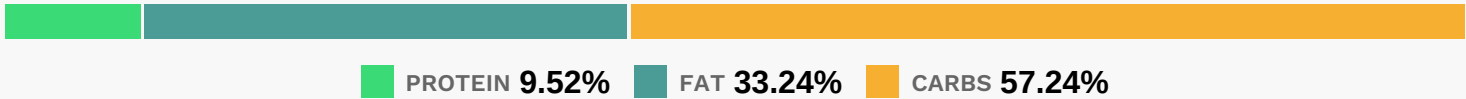
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Heat oven to 450°F. Grease or spray 8- or 9-inch square pan.
- ☐ In large bowl, mix all ingredients.
- ☐ Pour into pan.
- ☐ Bake 20 to 25 minutes or until toothpick inserted in center comes out clean.
- ☐ Serve warm if desired.

Nutrition Facts



Properties

Glycemic Index:57.27, Glycemic Load:35.71, Inflammation Score:-4, Nutrition Score:11.707826096079%

Nutrients (% of daily need)

Calories: 387.02kcal (19.35%), Fat: 14.35g (22.07%), Saturated Fat: 3.05g (19.05%), Carbohydrates: 55.6g (18.53%), Net Carbohydrates: 51.29g (18.65%), Sugar: 11g (12.23%), Cholesterol: 59.44mg (19.81%), Sodium: 488.05mg (21.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.25g (18.5%), Phosphorus: 214.92mg (21.49%), Selenium: 14.78µg (21.11%), Vitamin B1: 0.31mg (20.76%), Manganese: 0.4mg (20.19%), Fiber: 4.3g (17.21%), Vitamin K: 17.01µg (16.2%), Vitamin B2: 0.26mg (15.57%), Calcium: 152.15mg (15.21%), Vitamin B6: 0.29mg (14.67%), Folate: 58.53µg (14.63%), Iron: 2.59mg (14.36%), Magnesium: 54.17mg (13.54%), Zinc: 1.74mg (11.57%), Vitamin B3: 2.27mg (11.33%), Vitamin E: 1.08mg (7.18%), Vitamin B5: 0.7mg (7.04%), Copper: 0.14mg (6.91%), Potassium: 232.05mg (6.63%), Vitamin B12: 0.35µg (5.84%), Vitamin D: 0.74µg (4.94%), Vitamin A: 145.08IU (2.9%)