



Herbed Cornbread Crostini

READY IN



45 min.

SERVINGS



36

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 0.5 cup buttermilk
- ☐ 2 cups self-rising cornmeal mix white
- ☐ 2 large eggs
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 2 tablespoons sugar

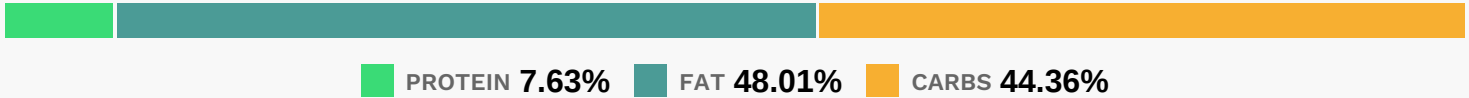
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 45
- ☐ Stir together cornmeal mix and sugar in a large bowl; make a well in center of mixture.
- ☐ Whisk together eggs, sour cream, buttermilk, and melted butter in a medium bowl.
- ☐ Add to cornmeal mixture, stirring just until dry ingredients are moistened. Fold in chives and parsley. Spoon batter into 3 lightly greased 12-cup muffin pans (about 1 Tbsp. per cup), spreading batter to cover bottoms of cups.
- ☐ Bake 8 minutes or until set. Immediately remove from pans to wire racks.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:6.34, Glycemic Load:0.52, Inflammation Score:-2, Nutrition Score:2.4800000138905%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 70.53kcal (3.53%), Fat: 3.83g (5.89%), Saturated Fat: 2.13g (13.32%), Carbohydrates: 7.95g (2.65%), Net Carbohydrates: 7.35g (2.67%), Sugar: 0.95g (1.06%), Cholesterol: 19.36mg (6.45%), Sodium: 153.42mg (6.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Phosphorus: 73.23mg (7.32%), Folate: 27.2µg (6.8%), Vitamin B1: 0.07mg (4.74%), Vitamin K: 4.29µg (4.08%), Vitamin B2: 0.07mg (3.9%), Calcium: 38.08mg (3.81%), Vitamin A: 172.27IU (3.45%), Iron: 0.54mg (2.98%), Manganese: 0.05mg (2.55%), Vitamin B3: 0.5mg

(2.52%), Fiber: 0.61g (2.43%), Vitamin B6: 0.04mg (2.21%), Selenium: 1.13µg (1.62%), Magnesium: 6.33mg (1.58%), Zinc: 0.2mg (1.31%), Vitamin B5: 0.11mg (1.07%)