



Homemade Cornbread Crumbs

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



294 kcal

BREAD

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons brown sugar
- ☐ 1.8 cups buttermilk
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 4 tablespoons butter unsalted melted

☐ 1 cup cornmeal yellow

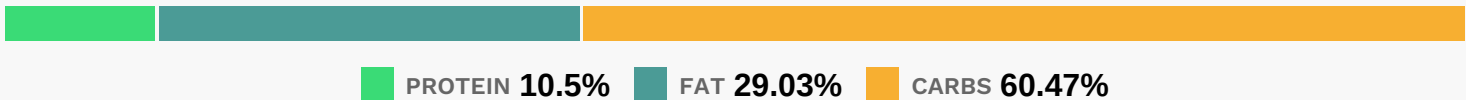
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat the oven to 42
- ☐ Whisk together first 6 ingredients (through soda) in a large bowl.
- ☐ Combine buttermilk, butter, and egg in a small bowl; stir with a whisk.
- ☐ Add buttermilk mixture to cornmeal mixture, stirring until moist.
- ☐ Pour into a 9-inch baking pan coated with cooking spray.
- ☐ Bake 27 minutes, or until a wooden pick inserted into center comes out clean.
- ☐ Remove from pan, and cool on a wire rack.
- ☐ Tear cornbread into small chunks; place on a baking sheet.
- ☐ Bake at 425 for 15 minutes, or until lightly browned and toasted.

Nutrition Facts



Properties

Glycemic Index:33.31, Glycemic Load:27.2, Inflammation Score:-4, Nutrition Score:10.06434781655%

Nutrients (% of daily need)

Calories: 294.21kcal (14.71%), Fat: 9.48g (14.59%), Saturated Fat: 5.04g (31.53%), Carbohydrates: 44.44g (14.81%),
Net Carbohydrates: 41.73g (15.17%), Sugar: 5.89g (6.55%), Cholesterol: 44.08mg (14.69%), Sodium: 638.11mg
(27.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.72g (15.44%), Selenium: 15.76µg (22.51%), Vitamin B1:
0.33mg (22.16%), Calcium: 191.63mg (19.16%), Phosphorus: 181.09mg (18.11%), Folate: 69.75µg (17.44%), Manganese:
0.35mg (17.38%), Vitamin B2: 0.29mg (17.3%), Iron: 2.41mg (13.42%), Vitamin B3: 2.39mg (11.97%), Fiber: 2.72g
(10.86%), Magnesium: 35.1mg (8.77%), Vitamin B6: 0.16mg (8.1%), Zinc: 1.12mg (7.49%), Vitamin D: 0.91µg (6.08%),
Vitamin A: 295.3IU (5.91%), Copper: 0.11mg (5.68%), Vitamin B5: 0.56mg (5.62%), Potassium: 183.07mg (5.23%),
Vitamin B12: 0.31µg (5.15%), Vitamin E: 0.36mg (2.38%)