



Honey-Sweet Cornbread

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



245 kcal

BREAD

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.8 cup buttermilk
- ☐ 0.3 cup canola oil
- ☐ 1 teaspoon canola oil
- ☐ 1 large eggs
- ☐ 6 tablespoons flour all-purpose
- ☐ 0.8 cup cornmeal stone-ground

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons yaupon

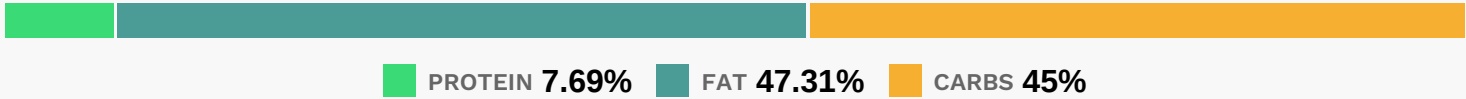
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Combine first 5 ingredients in a bowl. Stir in buttermilk and next 3 ingredients until well blended.
- ☐ Heat 1 teaspoon oil in a 9-inch cast-iron skillet over medium-high heat.
- ☐ Pour batter into skillet.
- ☐ Bake at 450 for 10 to 12 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:53.13, Glycemic Load:16.58, Inflammation Score:-2, Nutrition Score:6.5147826635967%

Nutrients (% of daily need)

Calories: 244.52kcal (12.23%), Fat: 13.03g (20.04%), Saturated Fat: 1.79g (11.16%), Carbohydrates: 27.87g (9.29%), Net Carbohydrates: 25.79g (9.38%), Sugar: 7.57g (8.41%), Cholesterol: 34.3mg (11.43%), Sodium: 425.28mg (18.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.53%), Vitamin E: 1.94mg (12.91%), Phosphorus: 124.31mg (12.43%), Calcium: 120.37mg (12.04%), Selenium: 7.46µg (10.66%), Manganese: 0.19mg (9.42%), Vitamin B1: 0.14mg (9.06%), Vitamin B2: 0.15mg (8.7%), Fiber: 2.09g (8.35%), Vitamin B6: 0.15mg (7.36%), Iron: 1.28mg (7.08%), Vitamin K: 7.31µg (6.96%), Magnesium: 27.42mg (6.86%), Folate: 26.04µg (6.51%), Zinc: 0.91mg (6.04%), Vitamin B3: 0.98mg (4.88%), Vitamin B5: 0.4mg (3.98%), Copper: 0.08mg (3.76%), Vitamin D: 0.56µg (3.71%), Potassium: 127.97mg (3.66%), Vitamin B12: 0.21µg (3.54%), Vitamin A: 94.5IU (1.89%)