



Light Cornbread

READY IN



35 min.

SERVINGS



10

CALORIES



209 kcal

Ingredients

- ☐ 2 cups self-rising cornmeal mix white
- ☐ 1 large eggs lightly beaten
- ☐ 2 cups nonfat buttermilk
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup vegetable oil
- ☐ 2 teaspoons vegetable oil

Equipment

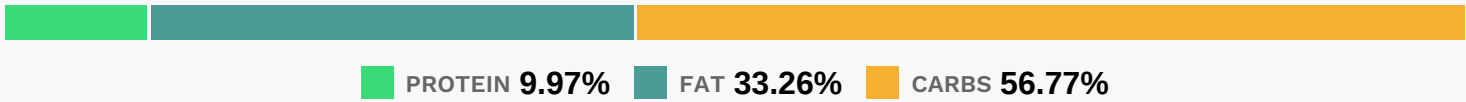
- ☐ bowl
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Add 2 tsp. vegetable oil to a 10-inch cast-iron skillet; heat in oven 5 minutes. Stir together cornmeal mix and sugar in a large bowl.
- ☐ Add buttermilk, egg, and 1/4 cup vegetable oil, stirring just until blended.
- ☐ Pour batter into hot skillet.
- ☐ Bake 20 to 22 minutes or until golden and cornbread pulls away from sides.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:1.68, Inflammation Score:-4, Nutrition Score:7.1100001075993%

Nutrients (% of daily need)

Calories: 208.82kcal (10.44%), Fat: 7.8g (12%), Saturated Fat: 1.26g (7.88%), Carbohydrates: 29.96g (9.99%), Net Carbohydrates: 27.82g (10.11%), Sugar: 4.78g (5.31%), Cholesterol: 19.55mg (6.52%), Sodium: 499.12mg (21.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.53%), Phosphorus: 231.24mg (23.12%), Folate: 92.11µg (23.03%), Vitamin B1: 0.24mg (16.29%), Vitamin K: 11.69µg (11.14%), Calcium: 110.64mg (11.06%), Vitamin B2: 0.17mg (10.03%), Iron: 1.77mg (9.85%), Vitamin B3: 1.77mg (8.86%), Manganese: 0.18mg (8.85%), Fiber: 2.14g (8.57%), Vitamin B6: 0.14mg (6.97%), Magnesium: 18.96mg (4.74%), Vitamin E: 0.57mg (3.81%), Zinc: 0.54mg (3.58%), Copper: 0.05mg (2.55%), Vitamin A: 124.58IU (2.49%), Selenium: 1.55µg (2.21%), Potassium: 77.33mg (2.21%), Vitamin B5: 0.21mg (2.07%)