

Mama's Corn Bread



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



179 kcal

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 1 cup buttermilk 1% low-fat
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons vegetable oil
- ☐ 1 cup water
- ☐ 1.8 cups cornmeal yellow

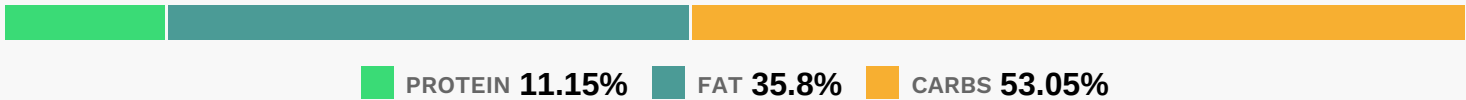
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 8 ingredients in a large bowl; stir well. Coat a 9-inch cast-iron skillet with cooking spray; add the oil, and place in oven for 5 minutes.
- ☐ Remove from oven; stir oil into batter.
- ☐ Pour batter into pan.
- ☐ Bake at 375 for 35 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:13.48, Inflammation Score:-2, Nutrition Score:5.4504348013712%

Nutrients (% of daily need)

Calories: 179.37kcal (8.97%), Fat: 7.17g (11.03%), Saturated Fat: 1.36g (8.52%), Carbohydrates: 23.91g (7.97%), Net Carbohydrates: 21.01g (7.64%), Sugar: 1.81g (2.01%), Cholesterol: 21.73mg (7.24%), Sodium: 162.77mg (7.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.06%), Fiber: 2.91g (11.63%), Phosphorus: 107.28mg (10.73%), Vitamin B6: 0.2mg (10.06%), Manganese: 0.2mg (10.04%), Magnesium: 37.38mg (9.34%), Vitamin K: 8.44µg (8.04%), Zinc: 1.15mg (7.64%), Vitamin B1: 0.1mg (6.95%), Selenium: 4.83µg (6.9%), Vitamin B2: 0.11mg (6.55%), Iron: 1.05mg (5.84%), Potassium: 153.5mg (4.39%), Calcium: 43.51mg (4.35%), Copper: 0.09mg (4.34%), Vitamin B3: 0.79mg (3.94%), Vitamin E: 0.56mg (3.71%), Folate: 14.6µg (3.65%), Vitamin B5: 0.35mg (3.49%), Vitamin B12: 0.11µg (1.86%)