



Maryanne's Cornbread

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



308 kcal

Ingredients

- 3 cups biscuit baking mix
- 2.5 teaspoons double-acting baking powder
- 1 cup butter melted
- 3 eggs
- 1.3 cups milk
- 1 cup sugar white
- 0.5 cup cornmeal yellow

Equipment

- frying pan

- oven
- whisk
- mixing bowl
- baking pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking pan.
- In a large mixing bowl, combine baking mix, sugar, baking powder and cornmeal. In a separate bowl, whisk together the eggs, milk and melted butter until creamy. Stir in flour mixture until blended. Fold in frozen corn if using.
- Pour batter into prepared pan.
- Bake in the preheated oven for 30 minutes, or until a toothpick inserted into the center of the bread comes out clean.
- Serve warm.

Nutrition Facts

 **PROTEIN 5.57%**  **FAT 51.4%**  **CARBS 43.03%**

Properties

Glycemic Index:21.24, Glycemic Load:12.15, Inflammation Score:-4, Nutrition Score:6.0217391550541%

Nutrients (% of daily need)

Calories: 308.05kcal (15.4%), Fat: 17.81g (27.4%), Saturated Fat: 9.44g (58.99%), Carbohydrates: 33.54g (11.18%), Net Carbohydrates: 32.54g (11.83%), Sugar: 17.2g (19.12%), Cholesterol: 68.19mg (22.73%), Sodium: 494.78mg (21.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.69%), Phosphorus: 208.52mg (20.85%), Calcium: 116.15mg (11.62%), Vitamin B1: 0.17mg (11.3%), Vitamin B2: 0.19mg (10.93%), Vitamin A: 459.6IU (9.19%), Folate: 36.39µg (9.1%), Selenium: 5.44µg (7.77%), Vitamin B3: 1.26mg (6.28%), Manganese: 0.12mg (5.97%), Iron: 1.06mg (5.89%), Vitamin B12: 0.31µg (5.12%), Vitamin B5: 0.47mg (4.71%), Fiber: 1g (4.01%), Magnesium: 15.65mg (3.91%), Vitamin B6: 0.08mg (3.87%), Zinc: 0.52mg (3.47%), Vitamin E: 0.5mg (3.36%), Potassium: 102.86mg (2.94%), Copper: 0.06mg (2.87%), Vitamin D: 0.4µg (2.66%), Vitamin K: 2.72µg (2.59%)