



Moist and Easy Cornbread

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



328 kcal

BREAD

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 cups buttermilk
- ☐ 1 cup cornmeal
- ☐ 2 large eggs lightly beaten
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar

☐ 6 tablespoons butter unsalted melted for baking dish

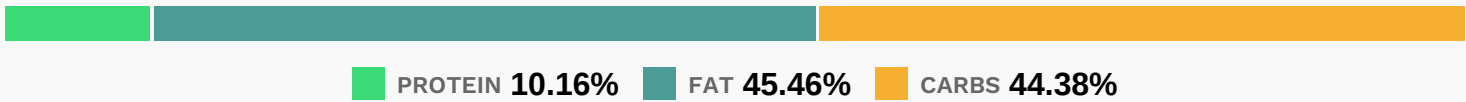
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 425 degrees F. Lightly grease an 8-inch baking dish.
- ☐ In a large bowl, mix together the cornmeal, flour, sugar, baking powder, baking soda, and salt.
- ☐ In a separate bowl, mix together the eggs, buttermilk, and butter.
- ☐ Pour the buttermilk mixture into the cornmeal mixture and fold together until there are no dry spots (the batter will still be lumpy).
- ☐ Pour the batter into the prepared baking dish.
- ☐ Bake until the top is golden brown and tester inserted into the middle of the corn bread comes out clean, about 20 to 25 minutes.
- ☐ Remove the cornbread from the oven and let it cool for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:56.1, Glycemic Load:22.71, Inflammation Score:-5, Nutrition Score:9.7873913308848%

Nutrients (% of daily need)

Calories: 328.28kcal (16.41%), Fat: 16.64g (25.61%), Saturated Fat: 9.15g (57.21%), Carbohydrates: 36.57g (12.19%), Net Carbohydrates: 33.65g (12.24%), Sugar: 5.45g (6.06%), Cholesterol: 98.7mg (32.9%), Sodium: 383.69mg (16.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.37g (16.74%), Selenium: 14.38µg (20.54%), Phosphorus: 185.77mg (18.58%), Vitamin B2: 0.29mg (16.84%), Vitamin B1: 0.24mg (15.85%), Calcium: 144.47mg (14.45%), Manganese: 0.28mg (14.22%), Folate: 48.86µg (12.21%), Fiber: 2.91g (11.66%), Iron: 1.94mg (10.79%), Vitamin A: 538.86IU (10.78%), Vitamin B6: 0.21mg (10.68%), Magnesium: 40.35mg (10.09%), Zinc: 1.39mg (9.25%), Vitamin D: 1.32µg (8.82%), Vitamin B3: 1.65mg (8.25%), Vitamin B12: 0.45µg (7.47%), Vitamin B5: 0.73mg (7.25%), Potassium: 209.67mg (5.99%), Copper: 0.12mg (5.81%), Vitamin E: 0.65mg (4.33%), Vitamin K: 1.31µg (1.25%)