



Moist Buttermilk Cornbread

READY IN



32 min.

SERVINGS



8

CALORIES



139 kcal

Ingredients

- ☐ 1 cup self-rising cornmeal mix yellow
- ☐ 0.3 cup egg substitute fat-free
- ☐ 8.8 ounce no-salt-added corn cream-style canned
- ☐ 0.5 cup nonfat buttermilk
- ☐ 1 small onion chopped
- ☐ 2 tablespoons vegetable oil

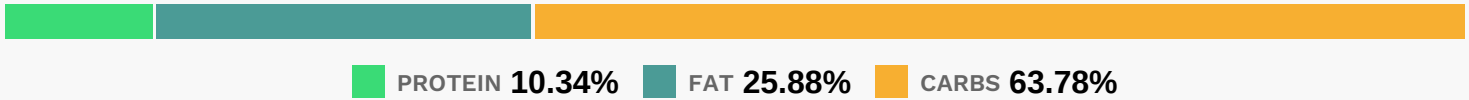
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Coat a 9-inch cast-iron skillet with cooking spray.
- ☐ Place skillet in a 400 oven.
- ☐ Combine cornmeal mix and onion; stir well.
- ☐ Combine buttermilk and remaining 3 ingredients; add to dry ingredients, stirring just until moistened.
- ☐ Remove skillet from oven; pour batter into skillet.
- ☐ Bake at 400 for 25 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.18, Inflammation Score:-4, Nutrition Score:5.7708695129208%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 139.05kcal (6.95%), Fat: 4.14g (6.38%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 22.98g (7.66%), Net Carbohydrates: 21.13g (7.68%), Sugar: 2.26g (2.51%), Cholesterol: 0.3mg (0.1%), Sodium: 390.1mg (16.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.45%), Folate: 72.3µg (18.07%), Phosphorus: 162.09mg (16.21%), Vitamin B1: 0.17mg (11.47%), Vitamin B2: 0.14mg (8.22%), Fiber: 1.86g (7.44%), Iron: 1.34mg (7.43%), Calcium: 73.88mg (7.39%), Vitamin B3: 1.42mg (7.12%), Manganese: 0.14mg (7.12%), Vitamin B6: 0.12mg (6.09%), Vitamin K: 6.3µg (6%), Magnesium: 18.75mg (4.69%), Selenium: 3.27µg (4.66%), Zinc: 0.55mg (3.65%), Potassium: 114.29mg (3.27%), Vitamin E: 0.42mg (2.81%), Vitamin B5: 0.27mg (2.72%), Vitamin C: 2.13mg (2.59%), Copper: 0.05mg (2.54%), Vitamin A: 100.98IU (2.02%)