



Old-Fashioned Cornbread

READY IN



40 min.

SERVINGS



9

CALORIES



353 kcal

Ingredients

- 1 cup flour all-purpose
- 1 cup cornmeal yellow
- 0.5 cup bacon bits
- 4 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 2 eggs
- 0.5 cup milk
- 0.3 cup honey
- 0.5 cup butter melted
- 2 teaspoons vegetable oil

1 tablespoon butter melted

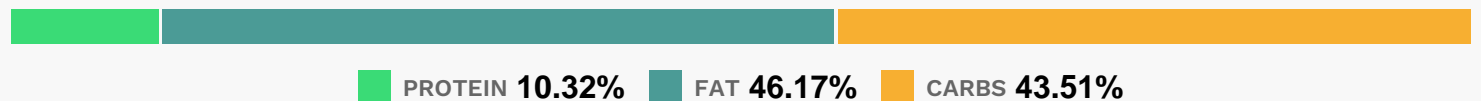
Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Heat oven to 400°F. In large bowl, stir together flour, cornmeal, bacon chips, baking powder and salt; set aside. In medium bowl, beat eggs with fork. Beat in milk, honey and 1/2 cup melted butter with fork.
- Add egg mixture to flour mixture all at once; stir just until mixed.
- Pour oil into 8-inch square or 9-inch round pan.
- Heat in oven 1 minute.
- Pour batter into hot pan.
- Bake cornbread 20 to 25 minutes or until golden brown and toothpick inserted in center comes out clean.
- Brush with 1 tablespoon melted butter.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:36.2, Glycemic Load:21.44, Inflammation Score:-6, Nutrition Score:8.6460869532564%

Nutrients (% of daily need)

Calories: 352.88kcal (17.64%), Fat: 18.35g (28.23%), Saturated Fat: 3.82g (23.85%), Carbohydrates: 38.91g (12.97%), Net Carbohydrates: 35.5g (12.91%), Sugar: 11.31g (12.57%), Cholesterol: 38mg (12.67%), Sodium: 704.4mg (30.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.22g (18.45%), Vitamin B1: 0.25mg (16.92%), Phosphorus:

159.03mg (15.9%), Calcium: 148.11mg (14.81%), Selenium: 10.1µg (14.44%), Fiber: 3.4g (13.62%), Folate: 53.1µg (13.28%), Vitamin A: 581.5IU (11.63%), Manganese: 0.22mg (11.09%), Vitamin E: 1.61mg (10.74%), Vitamin B2: 0.17mg (9.86%), Magnesium: 38.4mg (9.6%), Iron: 1.69mg (9.38%), Vitamin B3: 1.51mg (7.53%), Vitamin B6: 0.15mg (7.5%), Zinc: 1.1mg (7.34%), Copper: 0.15mg (7.28%), Vitamin B12: 0.33µg (5.54%), Potassium: 137.49mg (3.93%), Vitamin B5: 0.39mg (3.87%), Vitamin D: 0.34µg (2.3%), Vitamin K: 1.99µg (1.89%)