



Old-Fashioned Cornbread

READY IN



40 min.

SERVINGS



9

CALORIES



345 kcal

Ingredients

- ☐ 0.5 cup bacon os®
- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.5 cup butter melted
- ☐ 1 tablespoon butter melted
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup honey
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons vegetable oil

☐ 1 cup cornmeal yellow

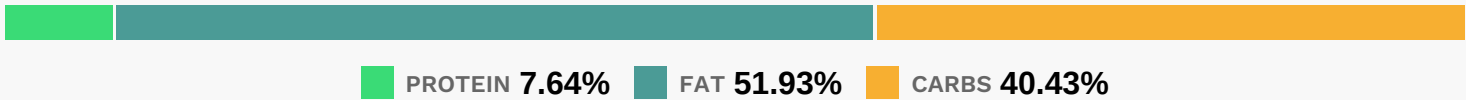
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Heat oven to 400F. 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:-5, Nutrition Score:7.6804347653752%

Nutrients (% of daily need)

Calories: 345.13kcal (17.26%), Fat: 20.16g (31.01%), Saturated Fat: 5.03g (31.44%), Carbohydrates: 35.31g (11.77%), Net Carbohydrates: 33.25g (12.09%), Sugar: 11.31g (12.57%), Cholesterol: 46.67mg (15.56%), Sodium: 558.76mg (24.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.35%), Selenium: 11.77µg (16.82%),

Phosphorus: 149.44mg (14.94%), Vitamin B1: 0.21mg (14.08%), Calcium: 135.49mg (13.55%), Vitamin A: 586.36IU (11.73%), Manganese: 0.22mg (11.16%), Vitamin B2: 0.17mg (9.95%), Iron: 1.65mg (9.15%), Vitamin B3: 1.83mg (9.13%), Folate: 36.41µg (9.1%), Vitamin B6: 0.17mg (8.72%), Fiber: 2.06g (8.26%), Magnesium: 27.5mg (6.87%), Zinc: 1.01mg (6.73%), Vitamin E: 0.76mg (5.07%), Vitamin B5: 0.46mg (4.6%), Potassium: 144.46mg (4.13%), Copper: 0.08mg (4.01%), Vitamin B12: 0.24µg (4%), Vitamin D: 0.4µg (2.65%), Vitamin K: 1.99µg (1.89%)