



Pecan-Topped Cornbread with Honey Butter

 Dairy Free

READY IN



65 min.

SERVINGS



12

CALORIES



291 kcal

Ingredients

- 1 cup cornmeal
- 1 cup flour all-purpose
- 0.3 cup sugar
- 0.3 cup butter melted
- 2 teaspoons double-acting baking powder
- 0.3 teaspoon salt
- 3 eggs
- 14.8 oz corn cream-style canned
- 0.3 cup pecans chopped

- 0.5 cup butter softened (do not use margarine)
- 0.3 cup honey
- 1 Dash salt

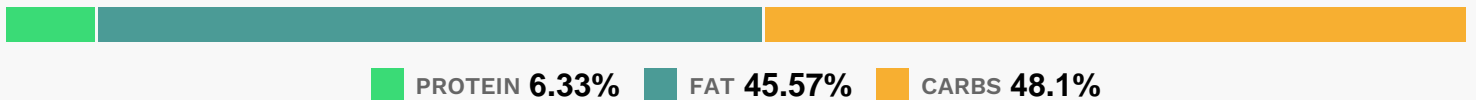
Equipment

- bowl
- frying pan
- oven
- toothpicks
- cake form

Directions

- Heat oven to 375°F. Spray 9- or 8-inch round cake pan with baking spray with flour. In medium bowl, stir all cornbread ingredients except pecans until well blended.
- Pour into pan.
- Sprinkle pecans evenly over top.
- Bake 35 to 45 minutes or until toothpick inserted in center comes out clean.
- Meanwhile, in small bowl, beat 1/2 cup butter with spoon until creamy. Slowly beat in honey and salt until well blended.
- Serve warm cornbread with honey butter.

Nutrition Facts



Properties

Glycemic Index:30.66, Glycemic Load:18.61, Inflammation Score:-5, Nutrition Score:6.470000035089%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg

Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 290.53kcal (14.53%), Fat: 15.15g (23.3%), Saturated Fat: 3.03g (18.94%), Carbohydrates: 35.98g (11.99%), Net Carbohydrates: 33.8g (12.29%), Sugar: 12.83g (14.26%), Cholesterol: 40.92mg (13.64%), Sodium: 363.78mg (15.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.46%), Manganese: 0.29mg (14.55%), Vitamin A: 593.94IU (11.88%), Selenium: 8.02µg (11.46%), Folate: 44.5µg (11.13%), Phosphorus: 105.06mg (10.51%), Vitamin B1: 0.15mg (10.05%), Fiber: 2.18g (8.71%), Vitamin B2: 0.14mg (8.5%), Iron: 1.37mg (7.6%), Magnesium: 27.21mg (6.8%), Vitamin B3: 1.32mg (6.62%), Vitamin B6: 0.13mg (6.56%), Zinc: 0.93mg (6.2%), Calcium: 55.09mg (5.51%), Copper: 0.1mg (5.17%), Vitamin E: 0.67mg (4.45%), Vitamin B5: 0.39mg (3.92%), Potassium: 134.88mg (3.85%), Vitamin B12: 0.11µg (1.87%), Vitamin C: 1.52mg (1.84%), Vitamin D: 0.22µg (1.47%)