



Plum Cornbread

READY IN



120 min.

SERVINGS



8

CALORIES



384 kcal

BREAD

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 stick butter melted for baking pan
- 2 eggs
- 0.8 cup flour all-purpose
- 3 tablespoons honey
- 0.5 teaspoon kosher salt
- 1 cup milk
- 4 large to 6 plums black sliced (if they are large, use 4, if they are small use 6)
- 3 tablespoons sugar

- 1 teaspoon vanilla extract
- 1 pint whipped cream for serving
- 1 cup cornmeal yellow

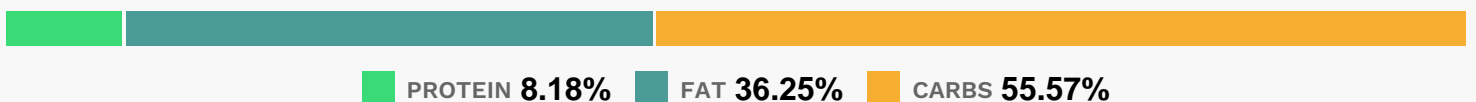
Equipment

- bowl
- oven
- whisk
- mixing bowl
- baking pan

Directions

- Watch how to make this recipe.
- In a small bowl, combine the plums and sugar and let sit at room temperature for at least 30 minutes.
- Preheat the oven to 350 degrees F. Butter an 8-inch cast iron skillet or an 8 by 8-inch square baking pan. In a large mixing bowl, combine all of the dry ingredients.
- In another mixing bowl, combine all the wet ingredients and whisk to thoroughly combine. Make a well in the dry ingredients and pour the wet ingredients into the well.
- Mix gently to combine. When the mixture has just come together, transfer it to the prepared skillet or baking pan.
- Sprinkle the plums in an even layer over the top of the batter.
- Bake in the preheated oven for 25 to 30 minutes.
- Remove from the oven and let cool before cutting.
- Serve topped with vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:68.19, Glycemic Load:31.97, Inflammation Score:-5, Nutrition Score:9.8360869884491%

Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 384.49kcal (19.22%), Fat: 15.65g (24.07%), Saturated Fat: 8.79g (54.93%), Carbohydrates: 53.97g (17.99%), Net Carbohydrates: 50.89g (18.51%), Sugar: 28.69g (31.87%), Cholesterol: 85.79mg (28.6%), Sodium: 372.72mg (16.21%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 7.94g (15.88%), Phosphorus: 201.29mg (20.13%), Vitamin B2: 0.33mg (19.18%), Calcium: 185.43mg (18.54%), Selenium: 10.35µg (14.78%), Vitamin B1: 0.21mg (13.8%), Vitamin A: 648.16IU (12.96%), Fiber: 3.08g (12.31%), Manganese: 0.24mg (12.08%), Magnesium: 40.05mg (10.01%), Vitamin B6: 0.2mg (10%), Folate: 38.35µg (9.59%), Zinc: 1.43mg (9.54%), Potassium: 313.83mg (8.97%), Iron: 1.59mg (8.83%), Vitamin B5: 0.85mg (8.53%), Vitamin B12: 0.51µg (8.42%), Vitamin B3: 1.44mg (7.22%), Copper: 0.11mg (5.47%), Vitamin D: 0.67µg (4.49%), Vitamin C: 3.53mg (4.28%), Vitamin E: 0.64mg (4.26%), Vitamin K: 2.98µg (2.84%)