



Polenta Cornbread

READY IN



45 min.

SERVINGS



9

CALORIES



205 kcal

BREAD

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.1 lb butter cooled melted
- ☐ 1 cup buttermilk
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup polenta
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons sugar

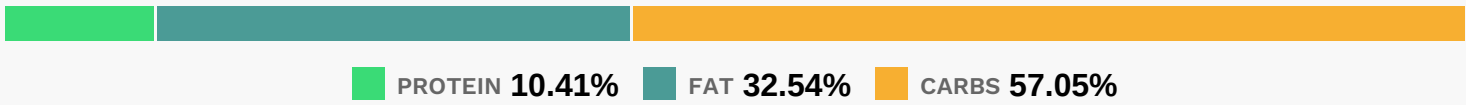
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ In a bowl, mix flour, polenta, sugar, baking powder, and salt. In another bowl, beat eggs to blend with buttermilk and 1/4 cup butter; pour into flour mixture. Stir batter until evenly moistened.
- ☐ Scrape batter into a buttered 8-inch square pan and spread level.
- ☐ Bake in a 400 oven until cornbread is browned, springs back when lightly pressed in the center, and begins to pull from pan sides, 20 to 25 minutes. Use hot or cool.

Nutrition Facts



Properties

Glycemic Index:29.79, Glycemic Load:10.21, Inflammation Score:-3, Nutrition Score:5.3152174109026%

Nutrients (% of daily need)

Calories: 204.67kcal (10.23%), Fat: 7.37g (11.33%), Saturated Fat: 1.96g (12.22%), Carbohydrates: 29.06g (9.69%), Net Carbohydrates: 28.4g (10.33%), Sugar: 4.15g (4.62%), Cholesterol: 44.27mg (14.76%), Sodium: 415.23mg (18.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.6%), Selenium: 12.13µg (17.33%), Calcium: 106.65mg (10.67%), Vitamin B2: 0.18mg (10.3%), Vitamin B1: 0.15mg (9.97%), Phosphorus: 98.36mg (9.84%), Folate: 32.92µg (8.23%), Vitamin A: 367.15IU (7.34%), Iron: 1.15mg (6.38%), Manganese: 0.12mg (5.92%), Vitamin B3: 1.07mg (5.33%), Vitamin B5: 0.42mg (4.23%), Vitamin B12: 0.23µg (3.8%), Vitamin D: 0.57µg (3.79%), Magnesium: 12.32mg (3.08%), Vitamin B6: 0.06mg (3.06%), Zinc: 0.42mg (2.77%), Potassium: 93.36mg (2.67%), Fiber: 0.66g (2.64%), Copper: 0.05mg (2.42%), Vitamin E: 0.34mg (2.26%)