



Sage and Onion Cornbread

READY IN



45 min.

SERVINGS



8

CALORIES



354 kcal

Ingredients

- ☐ 0.5 cup butter divided melted
- ☐ 1.8 cups buttermilk self-rising cornmeal mix (with martha white)
- ☐ 2 large eggs lightly beaten
- ☐ 8 sage leaves fresh
- ☐ 1.3 cups milk
- ☐ 1 small very onion thinly sliced
- ☐ 1.5 teaspoons rubbed sage
- ☐ 1 cup vegetable seasoning blend frozen

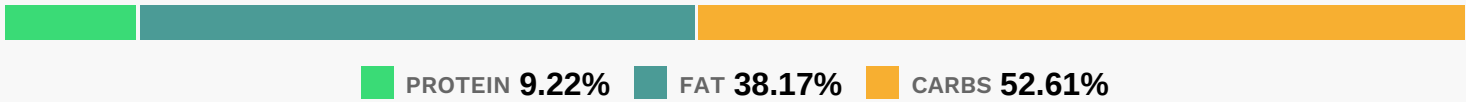
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 42
- ☐ Place a well-seasoned 8" cast-iron skillet in hot oven 10 minutes.
- ☐ Add 1/4 cup butter to skillet, and heat 5 additional minutes.
- ☐ Combine remaining 1/4 cup butter, cornmeal mix, and next 4 ingredients, stirring well with a wire whisk; let stand 2 minutes.
- ☐ Arrange onion and sage leaves in bottom of hot skillet; pour batter slowly over onion and sage.
- ☐ Bake at 425 for 35 to 40 minutes or until a wooden pick inserted in center comes out clean. Invert skillet over serving plate to remove bread.
- ☐ Cut bread into wedges to serve.
- ☐ *You can substitute 1 cup chopped onion, chopped green pepper, and chopped sweet red pepper mixed together for the frozen seasoning blend.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:1.25, Inflammation Score:-8, Nutrition Score:31.007391209188%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 353.87kcal (17.69%), Fat: 16.25g (25.01%), Saturated Fat: 9.01g (56.29%), Carbohydrates: 50.4g (16.8%), Net Carbohydrates: 35.33g (12.85%), Sugar: 3.47g (3.85%), Cholesterol: 81.58mg (27.19%), Sodium: 621.71mg (27.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.67%), Vitamin K: 185.36µg (176.53%), Manganese: 1.69mg (84.43%), Iron: 12.97mg (72.08%), Calcium: 643.37mg (64.34%), Fiber: 15.07g (60.28%), Folate:

176.28µg (44.07%), Vitamin E: 5.88mg (39.22%), Phosphorus: 355.09mg (35.51%), Magnesium: 107.31mg (26.83%), Vitamin B2: 0.43mg (25.54%), Vitamin B6: 0.51mg (25.39%), Vitamin B1: 0.35mg (23.26%), Vitamin A: 1094.86IU (21.9%), Copper: 0.37mg (18.74%), Vitamin B3: 3.37mg (16.87%), Potassium: 540.6mg (15.45%), Zinc: 1.66mg (11.06%), Selenium: 6.08µg (8.68%), Vitamin B5: 0.77mg (7.75%), Vitamin B12: 0.34µg (5.69%), Vitamin D: 0.67µg (4.46%), Vitamin C: 1.33mg (1.62%)