



## Savory or Sweet Cornbread

READY IN



45 min.

SERVINGS



9

CALORIES



207 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
- ☐ 0.8 teaspoon salt
- ☐ 1 cup cornmeal yellow
- ☐ 2 tablespoons or

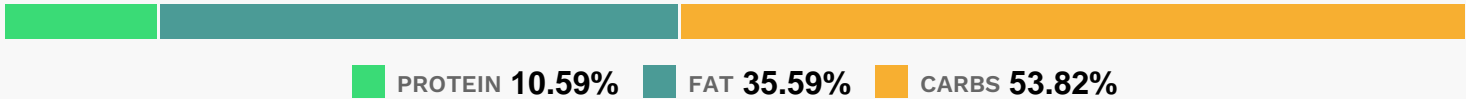
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ spatula

# Directions

- ☐ In a bowl, mix flour, cornmeal, sugar, baking powder, and salt. In another bowl, beat eggs to blend with buttermilk and 1/4 cup butter.
- ☐ Pour liquids into flour mixture and stir just until evenly moistened.
- ☐ Scrape batter into a buttered 8-inch square pan and spread smooth.
- ☐ Bake in a 400 oven until bread springs back when lightly pressed in the center and begins to pull from pan sides, about 25 minutes (20 minutes in a convection oven).
- ☐ Cut bread into squares. Lift from pan with a slender spatula.
- ☐ Serve hot or cool.

# Nutrition Facts



# Properties

Glycemic Index:37.4, Glycemic Load:17.9, Inflammation Score:-4, Nutrition Score:6.6195652363417%

# Nutrients (% of daily need)

Calories: 206.97kcal (10.35%), Fat: 8.19g (12.61%), Saturated Fat: 2.11g (13.2%), Carbohydrates: 27.88g (9.29%), Net Carbohydrates: 25.84g (9.4%), Sugar: 4.32g (4.8%), Cholesterol: 44.27mg (14.76%), Sodium: 415.76mg (18.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.98%), Selenium: 10.18µg (14.55%), Phosphorus: 125.21mg (12.52%), Vitamin B1: 0.18mg (11.98%), Vitamin B2: 0.18mg (10.85%), Calcium: 107.36mg (10.74%), Manganese: 0.21mg (10.64%), Folate: 38.04µg (9.51%), Iron: 1.5mg (8.34%), Fiber: 2.04g (8.15%), Vitamin B6: 0.14mg (6.97%), Magnesium: 26.45mg (6.61%), Vitamin A: 329.35IU (6.59%), Vitamin B3: 1.29mg (6.45%), Zinc: 0.89mg (5.94%), Vitamin B5: 0.44mg (4.43%), Copper: 0.08mg (3.89%), Vitamin B12: 0.23µg (3.8%), Vitamin D: 0.57µg (3.79%), Potassium: 126.04mg (3.6%), Vitamin E: 0.4mg (2.7%)