



Sour Cream Cornbread

READY IN



37 min.

SERVINGS



8

CALORIES



242 kcal

BREAD

Ingredients

- 14.8 oz corn low-sodium cream-style canned
- 1.5 cups self-rising corn meal mix white
- 3 large eggs lightly beaten
- 0.5 cup flour all-purpose
- 2 tablespoons cilantro leaves fresh chopped
- 8 oz cream light sour

Equipment

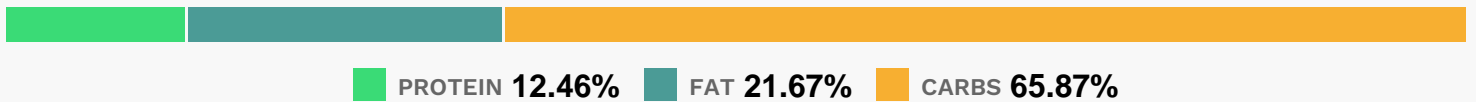
- bowl

- frying pan
- oven
- broiler

Directions

- Preheat oven to 45
- Heat a 10-inch cast-iron skillet in oven 5 minutes.
- Stir together cornmeal mix and flour in a large bowl; add corn and next 3 ingredients, stirring just until blended.
- Pour batter into hot lightly greased skillet. Top with cheese, if desired.
- Bake at 450 for 22 to 24 minutes or until golden brown and cornbread pulls away from sides of skillet.
- Mix It Up! You can also use Sour Cream Cornbread in this recipe--just omit the cheese topping.
- Farmhouse Eggs Benedict: Prepare 1 (9-oz.) envelope hollandaise sauce mix according to package directions, using 1 cup 2% reduced-fat milk and 2 Tbsp. lemon juice and omitting butter.
- Cut 4 cornbread wedges in half lengthwise, and toast under the broiler. Top 2 toasted cornbread halves with 1 low-sodium ham slice, 1 poached egg, and 1 Tbsp. hollandaise sauce. Repeat with remaining cornbread. Makes 4 servings.
- Per serving: Calories 334; Fat 9g (sat 1g, mono 7g, poly 2g); Protein 9g; Carb 9g; Fiber 6g; Chol 297mg; Iron 1mg; Sodium 896mg; Calc 78mg

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:4.31, Inflammation Score:-5, Nutrition Score:10.70565210218%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 242.39kcal (12.12%), Fat: 5.99g (9.22%), Saturated Fat: 2.63g (16.45%), Carbohydrates: 40.98g (13.66%), Net Carbohydrates: 38.13g (13.87%), Sugar: 1.84g (2.05%), Cholesterol: 79.67mg (26.56%), Sodium: 607.21mg (26.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.75g (15.51%), Folate: 132.92µg (33.23%), Phosphorus: 299.9mg (29.99%), Vitamin B1: 0.32mg (21.34%), Vitamin B2: 0.32mg (19.07%), Calcium: 148.59mg (14.86%), Iron: 2.49mg (13.83%), Selenium: 9.49µg (13.56%), Vitamin B3: 2.66mg (13.28%), Manganese: 0.26mg (12.95%), Fiber: 2.85g (11.4%), Vitamin B6: 0.2mg (9.84%), Magnesium: 32.93mg (8.23%), Zinc: 1.16mg (7.73%), Vitamin A: 331.15IU (6.62%), Potassium: 230.88mg (6.6%), Vitamin B5: 0.54mg (5.38%), Copper: 0.1mg (5.05%), Vitamin B12: 0.29µg (4.77%), Vitamin C: 2.43mg (2.94%), Vitamin D: 0.43µg (2.88%), Vitamin E: 0.33mg (2.17%)