



Southern Buttermilk Cornbread

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



161 kcal

BREAD

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 cups buttermilk
- ☐ 2 egg whites fat-free
- ☐ 0.5 cup flour all-purpose gold medal®
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup vegetable oil

☐ 1.5 cups cornmeal white blue yellow

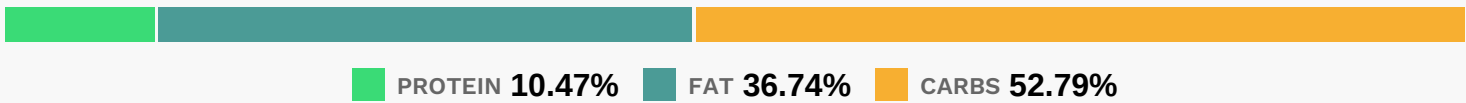
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 450°F. Grease bottom and side of 9-inch round pan or 8-inch square pan with shortening or spray with cooking spray. In large bowl, mix all ingredients with spoon until blended. Beat vigorously 30 seconds.
- ☐ Pour batter into pan.
- ☐ Bake 25 to 30 minutes or until golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:22.34, Glycemic Load:3.73, Inflammation Score:-2, Nutrition Score:5.2460869809856%

Nutrients (% of daily need)

Calories: 161.05kcal (8.05%), Fat: 6.6g (10.15%), Saturated Fat: 1.44g (9%), Carbohydrates: 21.32g (7.11%), Net Carbohydrates: 19.11g (6.95%), Sugar: 2.14g (2.37%), Cholesterol: 3.3mg (1.1%), Sodium: 350.76mg (15.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.46%), Phosphorus: 102.13mg (10.21%), Fiber: 2.21g (8.84%), Manganese: 0.17mg (8.31%), Vitamin K: 8.54µg (8.13%), Vitamin B1: 0.12mg (7.79%), Calcium: 77.11mg (7.71%), Vitamin B2: 0.13mg (7.45%), Magnesium: 29.72mg (7.43%), Vitamin B6: 0.13mg (6.46%), Vitamin B5: 0.64mg (6.41%), Iron: 1.08mg (6.02%), Selenium: 3.88µg (5.54%), Zinc: 0.8mg (5.31%), Vitamin B3: 0.9mg (4.48%), Folate: 17.59µg (4.4%), Potassium: 142.45mg (4.07%), Vitamin E: 0.47mg (3.13%), Copper: 0.06mg (3%), Vitamin D: 0.39µg (2.6%), Vitamin B12: 0.14µg (2.38%)