



Southern Cornbread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



228 kcal

BREAD

Ingredients

- 1 tablespoon double-acting baking powder
- 2 eggs beaten
- 1 cup flour all-purpose
- 1 cup milk
- 0.8 teaspoon salt
- 0.3 cup vegetable oil
- 1 cup cornmeal yellow

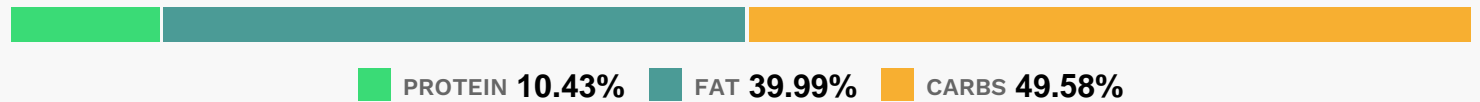
Equipment

- frying pan
- oven
- mixing bowl

Directions

- Combine flour, cornmeal, baking powder, and salt in a large mixing bowl; mix well.
- Combine eggs, milk, and oil in a small mixing bowl, mixing until well blended. Slowly pour over cornmeal mixture, stirring just until dry ingredients are moistened.
- Pour batter into a well greased 9-inch square pan.
- Bake at 425 for 20 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:34.19, Glycemic Load:18.19, Inflammation Score:-3, Nutrition Score:7.7443478418433%

Nutrients (% of daily need)

Calories: 228.24kcal (11.41%), Fat: 10.16g (15.63%), Saturated Fat: 2.18g (13.64%), Carbohydrates: 28.33g (9.44%), Net Carbohydrates: 26.04g (9.47%), Sugar: 1.86g (2.07%), Cholesterol: 44.58mg (14.86%), Sodium: 405.33mg (17.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.92%), Selenium: 10.45µg (14.93%), Phosphorus: 147.04mg (14.7%), Vitamin B1: 0.2mg (13.58%), Calcium: 135.49mg (13.55%), Vitamin K: 12.74µg (12.13%), Manganese: 0.24mg (11.95%), Vitamin B2: 0.19mg (11.06%), Folate: 40.52µg (10.13%), Iron: 1.68mg (9.33%), Fiber: 2.29g (9.17%), Vitamin B6: 0.16mg (8.07%), Magnesium: 30.09mg (7.52%), Vitamin B3: 1.45mg (7.27%), Zinc: 0.99mg (6.62%), Vitamin E: 0.77mg (5.14%), Vitamin B5: 0.47mg (4.69%), Vitamin B12: 0.26µg (4.38%), Potassium: 141.99mg (4.06%), Copper: 0.08mg (3.96%), Vitamin D: 0.56µg (3.7%), Vitamin A: 108.81IU (2.18%)