



Sweet Cornbread Loaf

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



517 kcal

BREAD

Ingredients

- 1 teaspoon baking soda
- 2 cups buttermilk
- 2 cups cornmeal
- 1 cup flour all-purpose
- 1 teaspoon salt
- 3 tablespoons vegetable oil
- 1 cup sugar white

Equipment

- bowl
- oven
- loaf pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 5x9-inch loaf pan.
- Mix cornmeal, buttermilk, flour, sugar, vegetable oil, salt, and baking soda in a bowl until thoroughly combined.
- Pour batter into prepared loaf pan.
- Bake in the preheated oven until top is golden brown and a toothpick inserted into the center of the loaf comes out clean or with moist crumbs, about 1 hour.

Nutrition Facts



PROTEIN 7.61% **FAT 22.19%** **CARBS 70.2%**

Properties

Glycemic Index:40.77, Glycemic Load:59.04, Inflammation Score:-5, Nutrition Score:12.504782687063%

Nutrients (% of daily need)

Calories: 517.4kcal (25.87%), Fat: 12.88g (19.81%), Saturated Fat: 3.14g (19.64%), Carbohydrates: 91.64g (30.55%), Net Carbohydrates: 86.09g (31.31%), Sugar: 38.05g (42.28%), Cholesterol: 8.8mg (2.93%), Sodium: 656.85mg (28.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.94g (19.88%), Manganese: 0.49mg (24.37%), Vitamin B1: 0.36mg (24.01%), Fiber: 5.54g (22.18%), Phosphorus: 209.75mg (20.98%), Selenium: 13.4µg (19.15%), Vitamin B6: 0.35mg (17.53%), Vitamin B2: 0.3mg (17.42%), Magnesium: 69.3mg (17.33%), Folate: 60.15µg (15.04%), Iron: 2.6mg (14.43%), Zinc: 2.1mg (13.98%), Vitamin B3: 2.61mg (13.06%), Vitamin K: 12.91µg (12.3%), Calcium: 98.88mg (9.89%), Copper: 0.18mg (9.04%), Potassium: 301.7mg (8.62%), Vitamin B5: 0.71mg (7.11%), Vitamin D: 1.04µg (6.93%), Vitamin B12: 0.37µg (6.13%), Vitamin E: 0.82mg (5.47%), Vitamin A: 132IU (2.64%)