



Sweet Country Cornbread

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



188 kcal

Ingredients

- 1 cup milk
- 0.3 cup butter melted
- 1 eggs
- 1.3 cups cornmeal white blue yellow
- 1 cup flour all-purpose
- 0.5 cup sugar
- 3 teaspoons double-acting baking powder
- 0.5 teaspoon salt

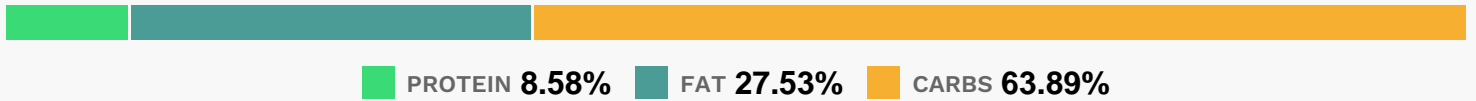
Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Heat oven to 400°F. Grease bottom and side of round pan, 9x1 1/2 inches, or square pan, 8x8x2 inches.
- Beat milk, butter and egg in large bowl. Stir in remaining ingredients all at once just until flour is moistened (batter will be lumpy).
- Pour batter into pan.
- Bake 20 to 25 minutes or until golden brown and toothpick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:27.09, Glycemic Load:12.18, Inflammation Score:-3, Nutrition Score:5.2208695813366%

Nutrients (% of daily need)

Calories: 187.8kcal (9.39%), Fat: 5.8g (8.92%), Saturated Fat: 3.08g (19.26%), Carbohydrates: 30.28g (10.09%), Net Carbohydrates: 28.28g (10.28%), Sugar: 9.58g (10.65%), Cholesterol: 26.25mg (8.75%), Sodium: 247.19mg (10.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.13%), Phosphorus: 108.47mg (10.85%), Vitamin B1: 0.15mg (9.75%), Calcium: 90.49mg (9.05%), Manganese: 0.18mg (9.03%), Fiber: 2.01g (8.02%), Selenium: 5.14µg (7.35%), Vitamin B2: 0.12mg (7.19%), Iron: 1.29mg (7.17%), Magnesium: 26.24mg (6.56%), Folate: 26.23µg (6.56%), Vitamin B6: 0.12mg (6%), Vitamin B5: 0.6mg (5.95%), Vitamin B3: 1.1mg (5.52%), Zinc: 0.75mg (4.97%), Potassium: 121.6mg (3.47%), Vitamin A: 170.92IU (3.42%), Copper: 0.05mg (2.74%), Vitamin B12: 0.15µg (2.51%), Vitamin D: 0.3µg (1.98%), Vitamin E: 0.23mg (1.51%)