



## Sweet Country Cornbread

READY IN



35 min.

SERVINGS



12

CALORIES



188 kcal

### Ingredients

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

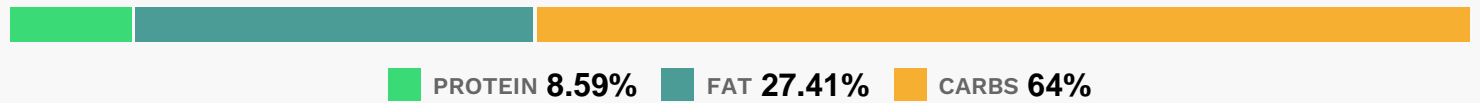
### Equipment

- bowl
- frying pan
- oven
- toothpicks

## Directions

- Heat oven to 400F. 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:22.92, Glycemic Load:12.18, Inflammation Score:-3, Nutrition Score:5.2569565945507%

## Nutrients (% of daily need)

Calories: 187.89kcal (9.39%), Fat: 5.77g (8.88%), Saturated Fat: 1.44g (9%), Carbohydrates: 30.32g (10.11%), Net Carbohydrates: 28.32g (10.3%), Sugar: 9.58g (10.64%), Cholesterol: 16.08mg (5.36%), Sodium: 261.38mg (11.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.14%), Phosphorus: 108.42mg (10.84%), Vitamin B1: 0.15mg (9.76%), Calcium: 90.77mg (9.08%), Manganese: 0.18mg (9.03%), Fiber: 2.01g (8.02%), Selenium: 5.1µg (7.28%), Vitamin B2: 0.12mg (7.19%), Iron: 1.29mg (7.17%), Magnesium: 26.29mg (6.57%), Folate: 26.13µg (6.53%), Vitamin B6: 0.12mg (6.01%), Vitamin B5: 0.59mg (5.94%), Vitamin B3: 1.1mg (5.52%), Zinc: 0.74mg (4.94%), Vitamin A: 221.9IU (4.44%), Potassium: 122.45mg (3.5%), Copper: 0.05mg (2.74%), Vitamin B12: 0.15µg (2.45%), Vitamin D: 0.3µg (1.98%), Vitamin E: 0.26mg (1.75%)