



9%  
HEALTH SCORE

## Sweet Potato Corn Bread

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



411 kcal

### Ingredients

- 1 cup flour
- 1 tablespoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1.5 cups buttermilk
- 4 large eggs
- 0.3 teaspoon ground ginger
- 1.3 pounds cubes red-skinned sweet potato (yams)
- 1.5 teaspoons salt
- 0.5 cup sugar

- 0.5 cup butter unsalted chilled cut into 1/2-inch pieces (1 stick)
- 2.3 cups cornmeal yellow

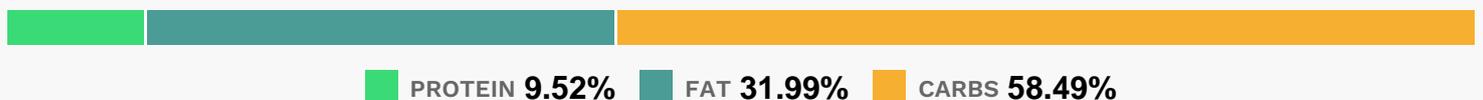
## Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- microwave

## Directions

- Preheat oven to 375°F. Butter 9 x 9 x 2-inch baking pan. Pierce sweet potatoes in several places. Microwave on high until tender, turning once, about 12 minutes.
- Cut open and cool. Mash enough potatoes to yield 1 cup packed (reserve remaining potatoes for another use).
- Place 1 cup mashed potatoes in large bowl.
- Whisk in eggs and buttermilk.
- Blend cornmeal and next 6 ingredients in processor.
- Add butter and blend until mixture resembles coarse meal.
- Add to egg mixture. Stir just until blended.
- Transfer to prepared pan.
- Bake corn bread until deep golden on top and tester inserted into center comes out clean, about 45 minutes. Cool in pan on rack. (Can be made ahead. Cover and let stand at room temperature up to 2 days or freeze up to 2 weeks. Thaw at room temperature.)

## Nutrition Facts



## Properties

Glycemic Index:33.66, Glycemic Load:30.87, Inflammation Score:-10, Nutrition Score:17.987826015638%

## Nutrients (% of daily need)

Calories: 410.6kcal (20.53%), Fat: 14.72g (22.65%), Saturated Fat: 7.57g (47.29%), Carbohydrates: 60.56g (20.19%), Net Carbohydrates: 54.86g (19.95%), Sugar: 16.11g (17.9%), Cholesterol: 102.76mg (34.25%), Sodium: 620.45mg (26.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.86g (19.72%), Vitamin A: 11347.47IU (226.95%), Manganese: 0.63mg (31.52%), Fiber: 5.71g (22.82%), Phosphorus: 226.89mg (22.69%), Vitamin B6: 0.43mg (21.71%), Selenium: 14.25µg (20.36%), Vitamin B1: 0.3mg (19.71%), Vitamin B2: 0.32mg (18.56%), Magnesium: 64.42mg (16.11%), Calcium: 151.86mg (15.19%), Iron: 2.59mg (14.41%), Potassium: 482.25mg (13.78%), Vitamin C: 11.11mg (13.47%), Vitamin B3: 2.55mg (12.77%), Folate: 50.44µg (12.61%), Vitamin B5: 1.23mg (12.33%), Zinc: 1.83mg (12.19%), Copper: 0.23mg (11.28%), Vitamin E: 1.05mg (6.97%), Vitamin D: 1.04µg (6.92%), Vitamin B12: 0.36µg (6.05%), Vitamin K: 2.38µg (2.27%)