



Sweet Potato Cornbread

READY IN



50 min.

SERVINGS



6

CALORIES



529 kcal

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 2 cups self-rising cornmeal mix white
- ☐ 5 large eggs
- ☐ 0.3 teaspoon pumpkin pie spice
- ☐ 8 oz cup heavy whipping cream sour
- ☐ 3 tablespoons sugar
- ☐ 2 cups sweet potatoes cooked mashed ()

Equipment

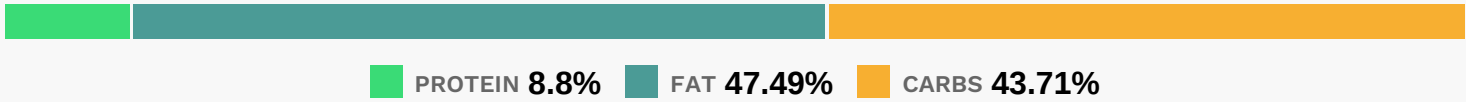
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 42
- ☐ Stir together first 3 ingredients in a large bowl; make a well in center of mixture.
- ☐ Whisk together eggs and next 3 ingredients; add to cornmeal mixture, stirring just until moistened. Spoon batter into a lightly greased 9-inch square pan.
- ☐ Bake at 425 for 35 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:29.68, Glycemic Load:8.6, Inflammation Score:-10, Nutrition Score:21.073913045551%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 528.77kcal (26.44%), Fat: 28.3g (43.54%), Saturated Fat: 15.09g (94.28%), Carbohydrates: 58.63g (19.54%), Net Carbohydrates: 53.71g (19.53%), Sugar: 9.3g (10.34%), Cholesterol: 217.97mg (72.66%), Sodium: 964.44mg (41.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.8g (23.6%), Vitamin A: 7385.64IU (147.71%), Phosphorus: 505.6mg (50.56%), Folate: 176.92µg (44.23%), Vitamin B2: 0.53mg (31.41%), Vitamin B1: 0.46mg (30.93%), Calcium: 249.41mg (24.94%), Manganese: 0.44mg (21.8%), Iron: 3.85mg (21.41%), Selenium: 14.69µg (20.98%), Vitamin B6: 0.4mg (19.9%), Fiber: 4.91g (19.65%), Vitamin B3: 3.27mg (16.35%), Vitamin B5: 1.36mg (13.58%), Magnesium: 50.95mg (12.74%), Potassium: 376.67mg (10.76%), Zinc: 1.6mg (10.68%), Copper: 0.18mg (9.17%), Vitamin B12: 0.48µg (8.04%), Vitamin E: 1.14mg (7.58%), Vitamin D: 0.83µg (5.56%), Vitamin K: 2.84µg (2.7%), Vitamin C: 1.42mg (1.73%)