



Sweet Potato Cornbread

READY IN



5 min.

SERVINGS



6

CALORIES



366 kcal

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 2 cups self-rising cornmeal mix
- ☐ 1 large eggs beaten
- ☐ 1 teaspoon ground cinnamon
- ☐ 1.5 cups milk
- ☐ 0.3 cup sugar
- ☐ 1 cup sweet potatoes and into cooked mashed

Equipment

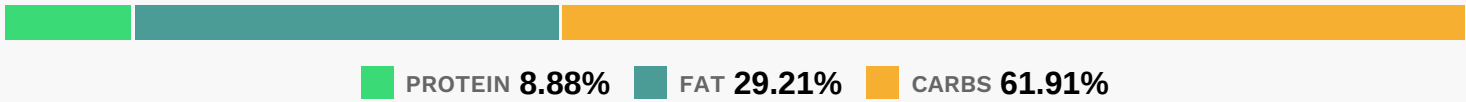
- ☐ oven

- ☐ whisk
- ☐ baking pan

Directions

- ☐ Whisk together all ingredients, whisking just until dry ingredients are moistened. Spoon batter into a greased 8-inch cast-iron skillet or baking pan.
- ☐ Bake at 425 for 20 to 25 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Note: For testing purposes only, we used White Lily Self-Rising Buttermilk Cornmeal
- ☐ Mix.

Nutrition Facts



Properties

Glycemic Index:36.85, Glycemic Load:9.11, Inflammation Score:-10, Nutrition Score:16.957826020925%

Flavonoids

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

Nutrients (% of daily need)

Calories: 365.5kcal (18.28%), Fat: 12.07g (18.57%), Saturated Fat: 6.49g (40.56%), Carbohydrates: 57.55g (19.18%), Net Carbohydrates: 53.14g (19.32%), Sugar: 12.22g (13.58%), Cholesterol: 58.66mg (19.55%), Sodium: 855.57mg (37.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.26g (16.52%), Vitamin A: 3688.59IU (73.77%), Phosphorus: 459.91mg (45.99%), Folate: 156.26µg (39.06%), Vitamin B1: 0.46mg (30.62%), Calcium: 261.47mg (26.15%), Vitamin B2: 0.39mg (22.71%), Manganese: 0.41mg (20.65%), Fiber: 4.41g (17.65%), Iron: 3.12mg (17.33%), Vitamin B6: 0.32mg (15.83%), Vitamin B3: 3.15mg (15.75%), Magnesium: 44.85mg (11.21%), Potassium: 298.88mg (8.54%), Zinc: 1.23mg (8.18%), Vitamin B5: 0.76mg (7.61%), Vitamin B12: 0.42µg (6.99%), Copper: 0.12mg (6.03%), Selenium: 4.01µg (5.72%), Vitamin D: 0.84µg (5.58%), Vitamin E: 0.4mg (2.69%), Vitamin K: 1.37µg (1.31%)