

The Best Corn Bread You'll Ever Eat

READY IN



35 min.

SERVINGS



8

CALORIES



318 kcal

Ingredients

- 8 ounce regular corn cream-style canned
- 2 cups self-rising corn meal mix
- 1 eggs
- 1.3 cups milk
- 1 cup cup heavy whipping cream sour
- 0.3 cup vegetable oil

Equipment

- bowl
- frying pan

oven

knife

Directions

Heat oven to 425 degrees F (220 degrees C). Grease a 9 inch iron skillet.

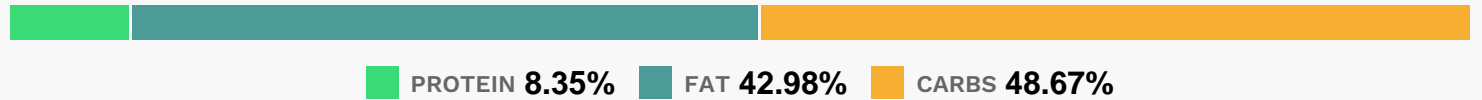
In a large bowl, beat the egg.

Add milk, oil, sour cream, cream corn, and cornmeal mix; stir until cornmeal is just dampened.

Pour batter into greased skillet.

Bake for 25 to 30 minutes, or until knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.72, Inflammation Score:-6, Nutrition Score:11.634347936381%

Nutrients (% of daily need)

Calories: 317.72kcal (15.89%), Fat: 15.54g (23.91%), Saturated Fat: 5.06g (31.62%), Carbohydrates: 39.61g (13.2%), Net Carbohydrates: 36.59g (13.31%), Sugar: 3.87g (4.3%), Cholesterol: 42.3mg (14.1%), Sodium: 666.74mg (28.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.59%), Phosphorus: 364.95mg (36.49%), Folate: 128.7µg (32.18%), Vitamin B1: 0.34mg (22.7%), Calcium: 210.06mg (21.01%), Vitamin B2: 0.33mg (19.33%), Iron: 2.33mg (12.94%), Vitamin B3: 2.56mg (12.78%), Vitamin K: 13.1µg (12.47%), Manganese: 0.24mg (12.25%), Fiber: 3.02g (12.07%), Vitamin B6: 0.23mg (11.37%), Magnesium: 36.18mg (9.05%), Vitamin A: 417.65IU (8.35%), Zinc: 1.07mg (7.16%), Potassium: 230.49mg (6.59%), Vitamin B12: 0.33µg (5.48%), Vitamin B5: 0.55mg (5.46%), Selenium: 3.64µg (5.2%), Vitamin E: 0.76mg (5.1%), Copper: 0.08mg (4.17%), Vitamin D: 0.56µg (3.72%), Vitamin C: 1.42mg (1.72%)