

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

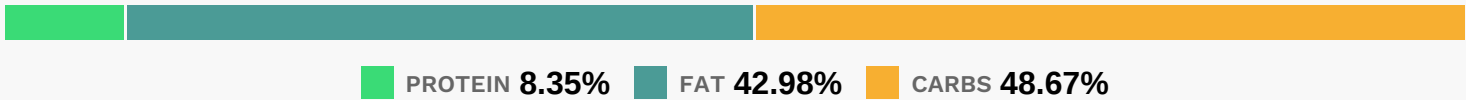
- ☐ bowl
- ☐ frying pan

- ☐ 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%)