



Ultimate Corn Bread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



401 kcal

Ingredients

- 2.5 cups baking mix
- 0.3 teaspoon double-acting baking powder
- 1.3 cups butter melted
- 0.7 cup cornmeal
- 2 eggs
- 0.3 teaspoon nutmeg
- 1 cup sugar
- 1.3 cups milk whole

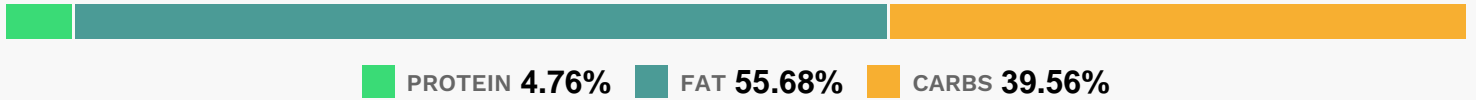
Equipment

- bowl
- oven
- whisk
- baking pan
- toothpicks

Directions

- In a large bowl, combine the first five ingredients. In another bowl, whisk the eggs, milk and butter; stir into the dry ingredients just until moistened.
- Pour into a greased 9-in. square baking pan.
- Bake at 350° for 30–35 minutes or until a toothpick inserted near the center comes out clean. Cool for 15 minutes before cutting.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:32.38, Glycemic Load:15.96, Inflammation Score:-5, Nutrition Score:6.7108695131281%

Nutrients (% of daily need)

Calories: 400.63kcal (20.03%), Fat: 25.13g (38.65%), Saturated Fat: 13.95g (87.19%), Carbohydrates: 40.16g (13.39%), Net Carbohydrates: 38.8g (14.11%), Sugar: 20.96g (23.29%), Cholesterol: 81.67mg (27.22%), Sodium: 500.47mg (21.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.66%), Phosphorus: 213.91mg (21.39%), Vitamin A: 672.73IU (13.45%), Vitamin B1: 0.19mg (12.58%), Vitamin B2: 0.2mg (11.6%), Folate: 38.44µg (9.61%), Calcium: 91.46mg (9.15%), Selenium: 5.48µg (7.82%), Manganese: 0.15mg (7.33%), Vitamin B3: 1.4mg (6.98%), Iron: 1.11mg (6.16%), Vitamin B12: 0.34µg (5.67%), Fiber: 1.36g (5.46%), Vitamin B5: 0.51mg (5.07%), Magnesium: 20.2mg (5.05%), Vitamin B6: 0.1mg (4.99%), Vitamin E: 0.7mg (4.69%), Zinc: 0.65mg (4.31%), Potassium: 123.61mg (3.53%), Copper: 0.07mg (3.35%), Vitamin K: 3.4µg (3.23%), Vitamin D: 0.43µg (2.84%)