



## West Tennessee Cornbread

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



708 kcal

### Ingredients

- 1 large eggs room temperature
- 0.3 cup mayonnaise
- 0.3 cup buttermilk
- 1 tablespoon vegetable oil
- 1 cup cornmeal yellow
- 0.3 cup sugar
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon salt

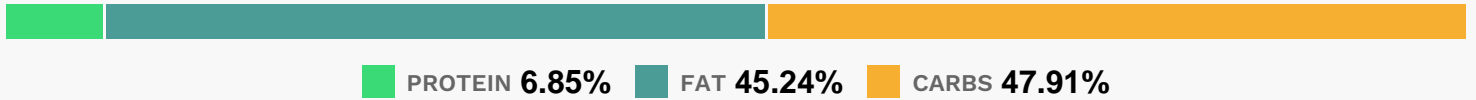
### Equipment

- bowl
- oven
- baking pan
- toothpicks

## Directions

- In a large bowl, beat the egg, mayonnaise, buttermilk and oil until smooth.
- Combine the cornmeal, sugar, baking powder and salt; add to egg mixture and beat just until combined.
- Grease an ovenproof 6-in. skillet or round baking dish; dust with cornmeal.
- Add batter.
- Bake at 425&deg; for 18–20 minutes or until a toothpick inserted in the center comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:155.8, Glycemic Load:53.33, Inflammation Score:-5, Nutrition Score:16.9343478576%

## Nutrients (% of daily need)

Calories: 707.98kcal (35.4%), Fat: 35.87g (55.18%), Saturated Fat: 6.49g (40.59%), Carbohydrates: 85.49g (28.5%), Net Carbohydrates: 78.01g (28.37%), Sugar: 27.91g (31.01%), Cholesterol: 108.06mg (36.02%), Sodium: 1147.6mg (49.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.21g (24.43%), Vitamin K: 58.47µg (55.68%), Phosphorus: 325.48mg (32.55%), Fiber: 7.48g (29.92%), Vitamin B6: 0.52mg (26.23%), Manganese: 0.52mg (26.13%), Calcium: 232.4mg (23.24%), Magnesium: 92.17mg (23.04%), Selenium: 14.36µg (20.51%), Zinc: 2.95mg (19.65%), Iron: 3.23mg (17.95%), Vitamin B1: 0.27mg (17.69%), Vitamin B2: 0.25mg (14.7%), Vitamin E: 2.05mg (13.68%), Copper: 0.23mg (11.29%), Folate: 41.68µg (10.42%), Vitamin B5: 1.02mg (10.18%), Vitamin B3: 2.01mg (10.05%), Potassium: 337.81mg (9.65%), Vitamin B12: 0.39µg (6.57%), Vitamin D: 0.95µg (6.31%), Vitamin A: 202.7IU (4.05%)