



Yankee Cornbread Squares

READY IN



30 min.

SERVINGS



9

CALORIES



278 kcal

BREAD

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 eggs lightly beaten
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 cup butter melted
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 cup milk whole
- ☐ 0.8 cup cornmeal yellow

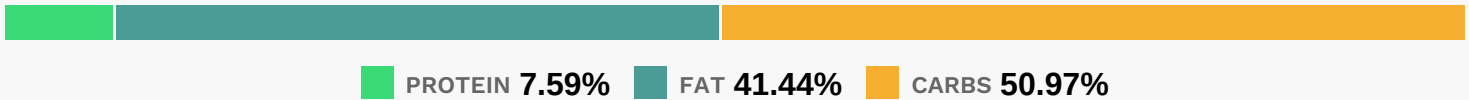
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Combine first 5 ingredients in a large bowl; make a well in center of mixture.
- ☐ Combine milk, margarine, and eggs; add to dry ingredients, stirring just until dry ingredients are moistened.
- ☐ Pour batter into a greased 8-inch square pan.
- ☐ Bake at 400 for 25 to 30 minutes or until golden.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:38.18, Glycemic Load:23.92, Inflammation Score:-5, Nutrition Score:6.8291303683072%

Nutrients (% of daily need)

Calories: 278.48kcal (13.92%), Fat: 12.93g (19.9%), Saturated Fat: 3.08g (19.26%), Carbohydrates: 35.79g (11.93%), Net Carbohydrates: 34.08g (12.39%), Sugar: 12.68g (14.09%), Cholesterol: 39.63mg (13.21%), Sodium: 350.03mg (15.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.67%), Selenium: 10.27µg (14.67%), Vitamin B1: 0.2mg (13.09%), Phosphorus: 127.42mg (12.74%), Calcium: 124.5mg (12.45%), Vitamin B2: 0.19mg (11%), Vitamin A: 547.82IU (10.96%), Manganese: 0.21mg (10.4%), Folate: 41µg (10.25%), Iron: 1.53mg (8.48%), Vitamin B3: 1.39mg (6.95%), Fiber: 1.72g (6.87%), Vitamin B6: 0.12mg (6.01%), Magnesium: 23.16mg (5.79%), Zinc: 0.77mg (5.14%), Vitamin B5: 0.42mg (4.16%), Vitamin B12: 0.25µg (4.1%), Vitamin E: 0.57mg (3.78%), Potassium: 121.2mg (3.46%), Vitamin D: 0.49µg (3.29%), Copper: 0.07mg (3.27%)