



Yellow Cornbread

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



329 kcal

BREAD

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 2 tablespoons butter melted
- ☐ 1.5 cups buttermilk
- ☐ 1 eggs lightly beaten
- ☐ 0.8 cup flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 1.3 cups cornmeal yellow

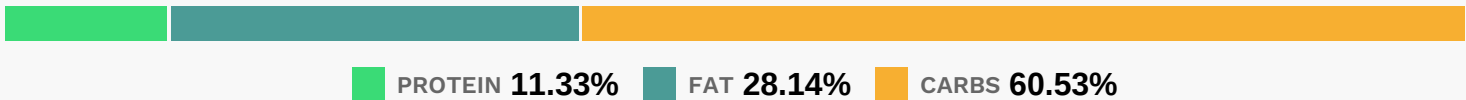
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat a well-greased 10-inch ovenproof skillet at 450 for 5 minutes.
- ☐ Combine first 5 ingredients in a large bowl. Stir together egg and next 2 ingredients; add to dry ingredients, stirring just until moistened.
- ☐ Pour batter into hot skillet.
- ☐ Bake at 450 for 20 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:77.32, Glycemic Load:30.91, Inflammation Score:-5, Nutrition Score:11.454347817794%

Nutrients (% of daily need)

Calories: 328.57kcal (16.43%), Fat: 10.29g (15.83%), Saturated Fat: 4.97g (31.03%), Carbohydrates: 49.81g (16.6%), Net Carbohydrates: 45.56g (16.57%), Sugar: 6.62g (7.35%), Cholesterol: 52.7mg (17.57%), Sodium: 803.19mg (34.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.32g (18.64%), Phosphorus: 233.48mg (23.35%), Calcium: 212.1mg (21.21%), Vitamin B1: 0.3mg (20.27%), Selenium: 14.18µg (20.26%), Manganese: 0.39mg (19.48%), Vitamin B2: 0.3mg (17.41%), Fiber: 4.25g (16.99%), Vitamin B6: 0.28mg (14.19%), Folate: 55.73µg (13.93%), Magnesium: 55.58mg (13.89%), Iron: 2.46mg (13.67%), Zinc: 1.76mg (11.72%), Vitamin B3: 2.16mg (10.81%), Vitamin D: 1.11µg (7.41%), Potassium: 259.29mg (7.41%), Copper: 0.15mg (7.41%), Vitamin B5: 0.73mg (7.33%), Vitamin B12: 0.42µg (6.98%), Vitamin A: 306.26IU (6.13%), Vitamin E: 0.43mg (2.87%)