

Good-for-You Cornbread

Here's a healthy version of a traditional comfort food.

Recipe details

Servings: 10

Serving size: 1 square

Ingredients

- 1 cup cornmeal
- 1 cup flour
- ¼ cup white sugar
- 1 teaspoon baking powder
- 1 cup 1 percent buttermilk
- 1 egg
- ¼ cup tub margarine
- 1 teaspoon vegetable oil (to grease baking pan)

Instructions

1. Preheat oven to 350 °F.
2. Mix cornmeal, flour, sugar and baking powder.
3. In another bowl, combine buttermilk and egg. Beat lightly.
4. Slowly add buttermilk and egg mixture to dry ingredients.
5. Add margarine, and mix by hand or with mixer for 1 minute.
6. Bake in an 8- by 8-inch, greased baking dish for 20 to 25 minutes.
7. Cool. Cut into 10 squares.

Each serving provides

Calories: 178

Total fat: 6 grams

Saturated fat: 1 gram

Cholesterol: 22 milligrams

Sodium: 94 milligrams

Total fiber: 1 gram

Protein: 4 grams

Carbohydrates: 27 grams

Potassium: 132 milligrams

Source

National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services