

Southern Corn Pone Bread

Yield: 12 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-corn-pone-recipe>

Ingredients:

- 1/4 cup canola oil
- 1 1/2 cups white cornmeal
- 1 1/2 teaspoons salt
- 1 1/3 cups buttermilk
- 2 eggs

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 35 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 1 grams
8. Sodium: 330 milligrams
9. Sugar: 2 grams

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