

# Southern Cornbread Sticks

Yield: 12 min  
Total Time: 46 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-cornbread-sticks-recipe>

## Ingredients:

- 1/4 cup unsalted butter 1/2 stick, 2 ounces, melted and cooled
- 1 1/4 cups buttermilk
- 1 large egg room temperature
- 1 cup yellow cornmeal
- 1/2 cup all-purpose flour
- 1 teaspoon kosher salt
- 1/4 teaspoon baking soda
- 1/8 teaspoon cayenne pepper See Tip 1
- 1 tablespoon vegetable oil

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 30 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 3 grams
8. Sodium: 260 milligrams
9. Sugar: 2 grams

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