

Creamed Corn Cornbread

Yield: 8 min
Total Time: 45 min

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

Ingredients:

- 1/4 cup unsalted butter
- 1 cup yellow cornmeal
- 3/4 cup white flour
- 2 tablespoons sugar
- 1 tablespoon baking soda
- 1/2 teaspoon salt
- 1 cup creamed corn
- 1 cup buttermilk
- 1 egg

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 45 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 5 grams
7. SaturatedFat: 4 grams
8. Sodium: 750 milligrams
9. Sugar: 6 grams

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