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Buttermilk Cornbread

Yield: 4 min Total Time: 45 min

Recipe from: https://www.recipeschoose.com/recipes/southern-living-buttermilk-cornbread-recipe

Ingredients:

- 1/2 cup oil or melted butter
- 2 eggs
- 1 1/4 cups buttermilk
- 1/2 cup cornmeal whole grain
- 3/4 cup whole wheat pastry flour
- 3/4 cup unbleached flour
- 1/2 cup sugar or sucanat
- 1 tablespoon baking powder
- 1/2 teaspoon salt

Nutrition:

Calories: 660 calories
Carbohydrate: 77 grams
Cholesterol: 110 milligrams

4. Fat: 33 grams5. Fiber: 3 grams6. Protein: 13 grams7. SaturatedFat: 4 grams8. Sodium: 800 milligrams

9. Sugar: 29 grams

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