

Bacon Cornbread

- 1 1/2 cups yellow cornmeal
- 1/2 cup Gold Medal® all-purpose flour
- 1/4 cup vegetable oil or shortening
- 1 1/2 cups buttermilk
- 4 slices bacon, crisply cooked and crumbled
- 2 teaspoons baking powder
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 2 eggs

1. Heat oven to 450°F. Grease round pan, 9x1 1/2 inches, or square pan, 8x8x2 inches.
2. Stir together all ingredients; beat vigorously 30 seconds. Pour into pan.
3. Bake 25 to 30 minutes or until golden brown. Serve warm.

Per Serving: Calories 155 (Calories from Fat 65); Total Fat 7 g (Saturated Fat 2 g);

Cholesterol 40 mg;

Sodium 300 mg; Total Carbohydrate 19 g (Dietary Fiber 1 g); Protein 5 g

Percent Daily Value*: Vitamin A 2 %; Vitamin C 0%; Calcium 8 %; Iron 6 %

Exchanges: 1 Starch; 1 1/2 Fat

*Percent Daily Values are based on a 2,000-calorie diet.

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