



Basic Buttermilk Corn Bread

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



274 kcal

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1.5 cups buttermilk
- ☐ 2 cups cornmeal
- ☐ 1 eggs
- ☐ 0.3 cup vegetable oil

Equipment

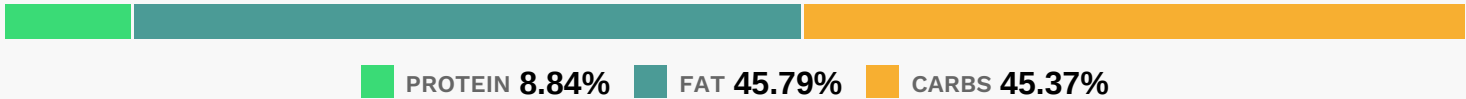
- ☐ bowl
- ☐ frying pan
- ☐ oven

☐ whisk

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Whisk together the cornmeal, buttermilk, vegetable oil, and egg in a bowl to form a batter.
- ☐ Melt the butter in a cast-iron skillet over medium heat, and swirl the melted butter all over the bottom and up the sides of the skillet.
- ☐ Let the butter heat until it gives off a faint toasted fragrance; pour the batter into the hot skillet.
- ☐ Place the skillet into the preheated oven, and bake until golden brown, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:18.69, Glycemic Load:17.97, Inflammation Score:-3, Nutrition Score:7.5056521581567%

Nutrients (% of daily need)

Calories: 273.72kcal (13.69%), Fat: 14g (21.54%), Saturated Fat: 4.28g (26.75%), Carbohydrates: 31.22g (10.41%), Net Carbohydrates: 27.48g (9.99%), Sugar: 2.84g (3.15%), Cholesterol: 32.94mg (10.98%), Sodium: 79.15mg (3.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.17%), Fiber: 3.74g (14.95%), Phosphorus: 139.42mg (13.94%), Vitamin B6: 0.26mg (13.01%), Manganese: 0.26mg (12.91%), Vitamin K: 13µg (12.38%), Magnesium: 47.76mg (11.94%), Zinc: 1.48mg (9.85%), Vitamin B1: 0.14mg (9.52%), Vitamin B2: 0.14mg (8.28%), Selenium: 5.77µg (8.25%), Iron: 1.3mg (7.22%), Vitamin E: 0.87mg (5.83%), Calcium: 58.06mg (5.81%), Potassium: 197.18mg (5.63%), Copper: 0.11mg (5.57%), Vitamin B3: 1.03mg (5.14%), Vitamin B5: 0.5mg (4.96%), Vitamin D: 0.69µg (4.63%), Folate: 18.45µg (4.61%), Vitamin B12: 0.26µg (4.37%), Vitamin A: 191.41IU (3.83%)