



Basic Buttermilk Cornbread

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



240 kcal

Ingredients

- 0.3 cup butter
- 1.5 cups buttermilk
- 2 cups self-rising cornmeal
- 1 large eggs

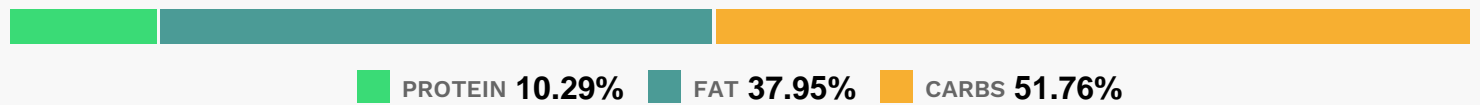
Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Preheat oven to 42
- Melt butter in a 10-inch cast-iron skillet in oven 8 minutes.
- Whisk together buttermilk and egg in a large bowl; add melted butter from skillet, whisking until blended.
- Whisk in cornmeal until smooth. Spoon into hot skillet.
- Bake at 425 for 30 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:18.69, Glycemic Load:17.97, Inflammation Score:-4, Nutrition Score:7.0317391183065%

Nutrients (% of daily need)

Calories: 240.34kcal (12.02%), Fat: 10.17g (15.65%), Saturated Fat: 5.1g (31.95%), Carbohydrates: 31.22g (10.41%), Net Carbohydrates: 27.49g (10%), Sugar: 2.84g (3.16%), Cholesterol: 43.45mg (14.48%), Sodium: 103.33mg (4.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.42%), Fiber: 3.74g (14.95%), Phosphorus: 141.76mg (14.18%), Vitamin B6: 0.26mg (13.08%), Manganese: 0.26mg (12.92%), Magnesium: 47.92mg (11.98%), Zinc: 1.49mg (9.94%), Vitamin B1: 0.14mg (9.55%), Selenium: 6.04µg (8.63%), Vitamin B2: 0.15mg (8.55%), Iron: 1.31mg (7.29%), Calcium: 59.34mg (5.93%), Vitamin A: 285.27IU (5.71%), Potassium: 199.07mg (5.69%), Copper: 0.11mg (5.6%), Vitamin B3: 1.03mg (5.15%), Vitamin B5: 0.51mg (5.11%), Vitamin D: 0.71µg (4.73%), Folate: 18.92µg (4.73%), Vitamin B12: 0.27µg (4.58%), Vitamin E: 0.41mg (2.73%)