



## Basic Skillet Cornbread

 Vegetarian

READY IN



50 min.

SERVINGS



12

CALORIES



197 kcal

BREAD

### Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1.5 cups buttermilk
- 2 large eggs
- 0.8 cup flour all-purpose
- 2 tablespoons granulated sugar
- 1.3 cups cornmeal yellow finely
- 1 teaspoon salt fine

- 8 tablespoons butter unsalted (1 stick)

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- wire rack
- wooden spoon
- microwave
- spatula

## Directions

- Heat the oven to 450°F and arrange a rack in the middle.
- Place 2 tablespoons of the butter in a large (12-inch) cast iron skillet; set aside. In a small saucepan or using the microwave, melt the remaining 6 tablespoons butter; set aside.
- Place cornmeal, flour, sugar, baking powder, baking soda, and salt in a large bowl and whisk to combine.
- Whisk eggs in a medium bowl until frothy, then whisk in buttermilk until incorporated.
- Pour egg mixture into flour mixture and, using a rubber spatula or wooden spoon, stir until dry streaks are just incorporated. (Do not overmix.) Fold in melted butter until just combined, then let mixture sit for 5 minutes. Meanwhile, place the skillet in the oven until hot, about 5 minutes.
- Remove from the oven and swirl the melted butter around to coat the bottom of the pan.
- Pour the batter into the hot skillet and bake until golden brown and a knife inserted into the center comes out clean, about 15 minutes.
- Place the skillet on a wire rack to cool for 5 minutes before serving. To serve, cut wedges directly from the skillet or let the cornbread cool for another 15 minutes before inverting onto a plate.

# Nutrition Facts

PROTEIN 9.13% FAT 47.23% CARBS 43.64%

## Properties

Glycemic Index:28.05, Glycemic Load:13.45, Inflammation Score:-3, Nutrition Score:5.3234782555829%

## Nutrients (% of daily need)

Calories: 197.35kcal (9.87%), Fat: 10.41g (16.02%), Saturated Fat: 5.81g (36.31%), Carbohydrates: 21.65g (7.22%), Net Carbohydrates: 19.88g (7.23%), Sugar: 3.78g (4.2%), Cholesterol: 54.37mg (18.12%), Sodium: 365.52mg (15.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.06%), Selenium: 7.42µg (10.6%), Phosphorus: 97.25mg (9.72%), Vitamin B2: 0.15mg (8.66%), Vitamin B1: 0.13mg (8.59%), Manganese: 0.16mg (8.2%), Fiber: 1.77g (7.07%), Vitamin A: 327.74IU (6.55%), Folate: 25.62µg (6.41%), Calcium: 63.3mg (6.33%), Vitamin B6: 0.13mg (6.32%), Magnesium: 23.72mg (5.93%), Iron: 1.05mg (5.85%), Zinc: 0.8mg (5.33%), Vitamin D: 0.7µg (4.64%), Vitamin B3: 0.91mg (4.54%), Vitamin B5: 0.38mg (3.85%), Vitamin B12: 0.23µg (3.8%), Copper: 0.07mg (3.33%), Potassium: 116.08mg (3.32%), Vitamin E: 0.39mg (2.61%)