



## Buttermilk and Sour Cream Corn Bread

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



523 kcal

BREAD

### Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1.3 cups buttermilk
- 2 large eggs
- 0.8 cup flour all-purpose
- 1.3 teaspoons kosher salt
- 0.3 cup cup heavy whipping cream sour
- 6 tablespoons sugar

- 0.5 cup butter unsalted chilled plus more for greasing cut into 1/2-inch cubes, (1 stick)
- 2 cups cornmeal yellow

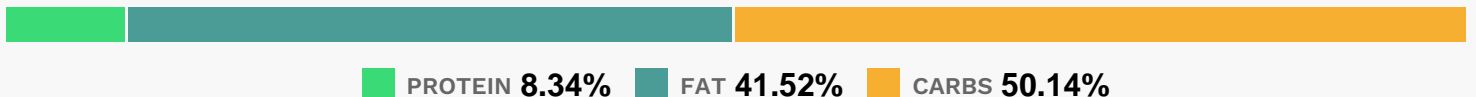
## Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan

## Directions

- Position a rack in the center of the oven and preheat to 400 degrees F. Butter a 9 by 9 by 2-inch metal baking pan.
- Blend the cornmeal, flour, sugar, baking powder, salt and baking soda in a processor for 5 seconds.
- Add the butter cubes. Blend until the butter is reduced to tiny pieces, 15 to 20 seconds.
- Whisk the buttermilk, sour cream and eggs in a large bowl to blend.
- Add the dry ingredients from the processor and stir until evenly moistened. Scrape the batter into the prepared pan.
- Bake the corn bread until the top is golden brown and a tester inserted into the center comes out clean, about 25 minutes. Cool the bread on a rack at least 30 minutes.
- Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:56.1, Glycemic Load:41.32, Inflammation Score:-6, Nutrition Score:13.590869629513%

## Nutrients (% of daily need)

Calories: 523.42kcal (26.17%), Fat: 24.37g (37.49%), Saturated Fat: 13.06g (81.6%), Carbohydrates: 66.23g (22.08%), Net Carbohydrates: 60.82g (22.12%), Sugar: 15.79g (17.55%), Cholesterol: 115.71mg (38.57%), Sodium: 872.44mg (37.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.01g (22.02%), Phosphorus: 269.7mg (26.97%), Selenium: 16.18µg (23.12%), Manganese: 0.46mg (22.85%), Fiber: 5.41g (21.63%), Vitamin B1: 0.32mg (21.02%), Calcium: 207.74mg (20.77%), Vitamin B2: 0.32mg (18.75%), Vitamin B6: 0.37mg (18.59%), Magnesium: 69.36mg (17.34%), Iron: 2.86mg (15.89%), Zinc: 2.22mg (14.79%), Folate: 58.28µg (14.57%), Vitamin A: 724.83IU (14.5%), Vitamin B3: 2.31mg (11.54%), Copper: 0.18mg (9.1%), Vitamin B5: 0.89mg (8.93%), Potassium: 299.13mg (8.55%), Vitamin D: 1.27µg (8.45%), Vitamin B12: 0.44µg (7.29%), Vitamin E: 0.9mg (6.02%), Vitamin K: 1.87µg (1.78%)