



Buttermilk Cornbread

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



266 kcal

BREAD

Ingredients

- 1 tablespoon canola oil
- 1 cup cornmeal
- 0.3 cup flour all-purpose
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 0.5 teaspoon baking soda
- 1 eggs
- 1 cup buttermilk

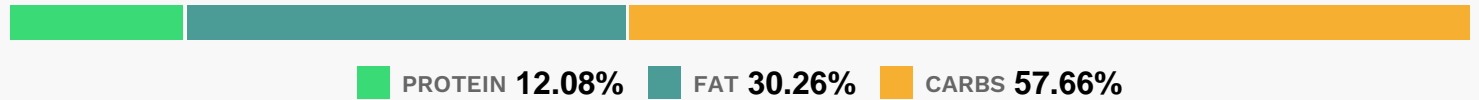
Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Place oil in an 8-in. ovenproof skillet; tilt to coat bottom and sides.
- Place in a 425° oven for 10 minutes.
- In a small bowl, combine cornmeal, flour, baking powder, salt and baking soda. Beat egg and buttermilk; add to dry ingredients just until moistened.
- Pour into the hot skillet.
- Bake for 15 minutes or until golden brown and a toothpick inserted in the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:66.63, Glycemic Load:22.89, Inflammation Score:-4, Nutrition Score:9.6265218465225%

Nutrients (% of daily need)

Calories: 265.74kcal (13.29%), Fat: 8.95g (13.76%), Saturated Fat: 2.17g (13.55%), Carbohydrates: 38.36g (12.79%), Net Carbohydrates: 34.41g (12.51%), Sugar: 3.61g (4.01%), Cholesterol: 47.52mg (15.84%), Sodium: 666.85mg (28.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.03g (16.07%), Phosphorus: 203.52mg (20.35%), Calcium: 167.04mg (16.7%), Fiber: 3.95g (15.8%), Manganese: 0.31mg (15.72%), Selenium: 10.64µg (15.19%), Vitamin B1: 0.21mg (14.21%), Vitamin B6: 0.28mg (13.91%), Vitamin B2: 0.23mg (13.47%), Magnesium: 51.98mg (13%), Zinc: 1.66mg (11.05%), Iron: 1.93mg (10.72%), Folate: 35.98µg (9%), Vitamin B3: 1.51mg (7.53%), Vitamin D: 1µg (6.67%), Vitamin B5: 0.67mg (6.67%), Potassium: 232.89mg (6.65%), Copper: 0.13mg (6.54%), Vitamin B12: 0.37µg (6.23%), Vitamin E: 0.92mg (6.15%), Vitamin A: 158.4IU (3.17%), Vitamin K: 2.81µg (2.68%)