



Buttermilk Cornbread

 Vegetarian

READY IN



105 min.

SERVINGS



10

CALORIES



287 kcal

BREAD

Ingredients

- 1 teaspoon baking soda
- 0.5 cup butter melted
- 1.5 cups buttermilk
- 3 large eggs
- 1 cup flour all-purpose
- 0.5 cup corn kernels fresh
- 4 tablespoons sugar
- 1.5 cups cornmeal yellow fine

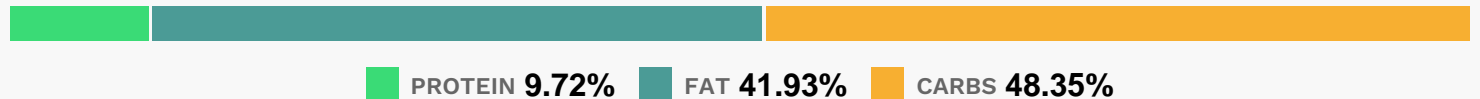
Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack

Directions

- Preheat oven to 35
- Whisk together buttermilk, eggs, sugar, and baking soda in a large bowl; stir in corn. Stir together cornmeal and flour; gradually whisk flour mixture into buttermilk mixture.
- Whisk in melted butter.
- Pour batter into a buttered 10-inch cast-iron skillet.
- Bake at 350 for 35 minutes or until a wooden pick inserted in center comes out clean.
- Remove from pan, and cool completely on a wire rack (about 1 hour).

Nutrition Facts



Properties

Glycemic Index:29.46, Glycemic Load:21.17, Inflammation Score:-4, Nutrition Score:7.8895652242329%

Nutrients (% of daily need)

Calories: 286.95kcal (14.35%), Fat: 13.46g (20.71%), Saturated Fat: 7.28g (45.49%), Carbohydrates: 34.93g (11.64%), Net Carbohydrates: 32.21g (11.71%), Sugar: 7.47g (8.3%), Cholesterol: 84.16mg (28.05%), Sodium: 243.86mg (10.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.02g (14.04%), Selenium: 11.79µg (16.85%), Phosphorus: 136.64mg (13.66%), Vitamin B1: 0.2mg (13.63%), Vitamin B2: 0.22mg (13.13%), Manganese: 0.26mg (12.79%), Fiber: 2.72g (10.9%), Folate: 43.22µg (10.8%), Vitamin B6: 0.19mg (9.59%), Magnesium: 36.58mg (9.14%), Iron: 1.61mg (8.94%), Vitamin A: 437.59IU (8.75%), Zinc: 1.2mg (8.01%), Vitamin B3: 1.5mg (7.52%), Vitamin B5: 0.63mg (6.28%), Calcium: 56.02mg (5.6%), Vitamin B12: 0.32µg (5.31%), Potassium: 181.87mg (5.2%), Vitamin D: 0.77µg (5.12%), Copper: 0.1mg (4.99%), Vitamin E: 0.55mg (3.65%)