



Buttermilk Cornbread

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



262 kcal

BREAD

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 cup butter melted
- ☐ 1 cup buttermilk
- ☐ 2 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 cup cornmeal plain white

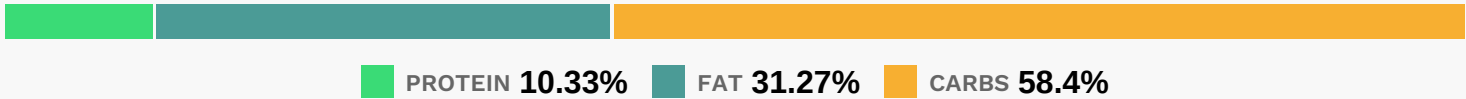
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 40
- ☐ Lightly grease an 8-inch cast-iron skillet, and heat in oven 5 minutes.
- ☐ Meanwhile, whisk together first 5 ingredients in a bowl; whisk in melted butter.
- ☐ Add eggs and buttermilk, whisking just until smooth.
- ☐ Pour batter into hot skillet.
- ☐ Bake at 400 for 30 to 33 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:39.76, Glycemic Load:15.98, Inflammation Score:-4, Nutrition Score:8.3486956617107%

Nutrients (% of daily need)

Calories: 262.39kcal (13.12%), Fat: 9.15g (14.07%), Saturated Fat: 4.81g (30.05%), Carbohydrates: 38.43g (12.81%), Net Carbohydrates: 35.84g (13.03%), Sugar: 8.09g (8.99%), Cholesterol: 65.05mg (21.68%), Sodium: 545.8mg (23.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.6%), Selenium: 11.68µg (16.69%), Phosphorus: 161.56mg (16.16%), Vitamin B1: 0.23mg (15.63%), Vitamin B2: 0.24mg (13.88%), Calcium: 136.7mg (13.67%), Manganese: 0.27mg (13.37%), Folate: 49.69µg (12.42%), Iron: 2.06mg (11.44%), Fiber: 2.6g (10.39%), Vitamin B5: 0.89mg (8.94%), Vitamin B3: 1.75mg (8.74%), Magnesium: 34.19mg (8.55%), Vitamin B6: 0.16mg (7.84%), Zinc: 1.06mg (7.09%), Vitamin A: 294.27IU (5.89%), Potassium: 168.88mg (4.83%), Copper: 0.09mg (4.45%), Vitamin B12: 0.26µg (4.36%), Vitamin D: 0.64µg (4.27%), Vitamin E: 0.4mg (2.68%)