



Buttermilk Skillet Cornbread

 Vegetarian

READY IN



45 min.

SERVINGS



45

CALORIES



41 kcal

BREAD

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 3 tablespoons butter
- 2 cups buttermilk
- 2 large eggs beaten
- 0.5 teaspoon salt
- 2 tablespoons sugar
- 1 cup flour whole-wheat white all-purpose (, , or spelt)

1 cup red blue yellow

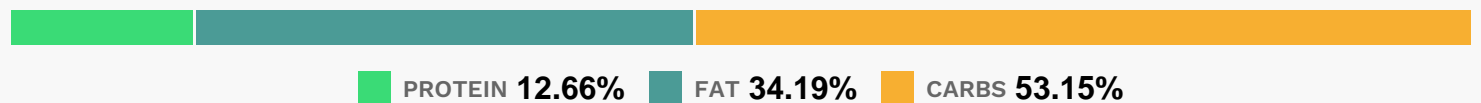
Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Preheat oven to 37
- Put butter in a 10-in. cast-iron frying pan and set in oven. (It's okay if the butter browns a bit; it will only add flavor.)
- Whisk dry ingredients in a large bowl and mix eggs, sugar, and buttermilk in another bowl.
- Remove pan from oven and brush butter over the inside.
- Whisk wet into dry ingredients, pour in melted butter from pan, and whisk until batter is smooth.
- Pour batter into hot pan and bake until lightly browned and springy to the touch, 25 to 30 minutes.
- *Find red cornmeal on starkeroundbarn.com; blue and yellow cornmeals are widely available.

Nutrition Facts



Properties

Glycemic Index:6.92, Glycemic Load:2.09, Inflammation Score:-1, Nutrition Score:1.7282608786355%

Nutrients (% of daily need)

Calories: 41.22kcal (2.06%), Fat: 1.6g (2.46%), Saturated Fat: 0.8g (5%), Carbohydrates: 5.59g (1.86%), Net Carbohydrates: 4.97g (1.81%), Sugar: 1.13g (1.25%), Cholesterol: 11.45mg (3.82%), Sodium: 67.98mg (2.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.66%), Manganese: 0.13mg (6.61%), Selenium: 2.95µg (4.21%), Phosphorus: 33.11mg (3.31%), Fiber: 0.62g (2.47%), Magnesium: 8.81mg (2.2%), Vitamin B2: 0.04mg (2.15%), Calcium: 20.1mg (2.01%), Vitamin B1: 0.03mg (2%), Vitamin B6: 0.04mg (1.97%), Zinc: 0.25mg (1.66%), Iron: 0.25mg

(1.41%), Vitamin D: 0.18µg (1.22%), Copper: 0.02mg (1.19%), Vitamin B12: 0.07µg (1.17%), Vitamin B3: 0.23mg (1.16%),
Vitamin B5: 0.11mg (1.13%), Potassium: 38.78mg (1.11%), Vitamin A: 53.16IU (1.06%)