



WHATSheATE



Buttermilk Skillet Cornbread



Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



277 kcal

BREAD

Ingredients

- ☐ 1 tbsp vegetable oil (or substitute vegetable oil)
- ☐ 1.5 tsp double-acting baking powder
- ☐ 1.5 cups buttermilk
- ☐ 1.5 cups cornmeal finely (ground, not coarse or medium)
- ☐ 2 eggs
- ☐ 0.5 cup flour
- ☐ 0.3 cup sugar
- ☐ 0.5 tsp salt

☐ 0.3 cup butter unsalted lukewarm melted

Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ toothpicks
- ☐ stove
- ☐ oven mitt

Directions

- ☐ Preheat your oven to 400 degrees F.
- ☐ Place your seasoned cast iron skillet on your stovetop and set burner to medium high.
- ☐ Let the skillet heat up for about 10 minutes while you prepare the cornbread batter. In a large mixing bowl, stir together cornmeal, flour, baking powder and salt till thoroughly blended. In a smaller bowl, whisk together buttermilk, eggs, melted butter, and honey or sugar (optional). Stir wet ingredients into dry until the cornmeal mixture is just moistened. Don't overmix-- a few lumps are okay. Grease your hot skillet with bacon grease or vegetable oil (careful, don't burn your fingers!).
- ☐ Pour your cornbread batter into the hot skillet-- it should sizzle a bit. Use an oven mitt to pick up the skillet.
- ☐ Place the skillet immediately into the hot oven.
- ☐ Let the bread bake for 20-25 minutes till the edges brown and pull away from the pan. Test for doneness by sticking a toothpick in the center of the bread. If it comes out clean, the bread is ready. Take the bread out of the oven and let the skillet cool a bit. Bread can be cut and served about 10 minutes after taking it out of the oven-- just be careful, the skillet will still be hot. The skillet will keep the bread warm for up to 30 minutes. Kosher Modification - substitute vegetable oil for bacon grease.

Nutrition Facts



 PROTEIN **9.52%**  FAT **38.21%**  CARBS **52.27%**

Properties

Glycemic Index:42.07, Glycemic Load:22.54, Inflammation Score:-4, Nutrition Score:7.9108695776566%

Nutrients (% of daily need)

Calories: 276.96kcal (13.85%), Fat: 11.84g (18.21%), Saturated Fat: 5.43g (33.91%), Carbohydrates: 36.44g (12.15%), Net Carbohydrates: 33.42g (12.15%), Sugar: 8.96g (9.96%), Cholesterol: 61.12mg (20.37%), Sodium: 301.83mg (13.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.63g (13.27%), Phosphorus: 156.15mg (15.61%), Selenium: 9.59µg (13.7%), Manganese: 0.25mg (12.51%), Fiber: 3.02g (12.06%), Vitamin B1: 0.18mg (11.78%), Vitamin B2: 0.2mg (11.62%), Calcium: 113.41mg (11.34%), Vitamin B6: 0.21mg (10.72%), Magnesium: 39.82mg (9.95%), Iron: 1.56mg (8.67%), Zinc: 1.3mg (8.66%), Folate: 32.07µg (8.02%), Vitamin B3: 1.25mg (6.25%), Vitamin A: 310.92IU (6.22%), Vitamin D: 0.91µg (6.08%), Vitamin B5: 0.56mg (5.59%), Vitamin B12: 0.32µg (5.28%), Copper: 0.1mg (5.22%), Potassium: 182.32mg (5.21%), Vitamin E: 0.57mg (3.77%), Vitamin K: 3.87µg (3.69%)