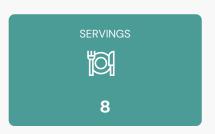


Buttermilk Skillet Cornbread

Vegetarian







BREAD

Ingredients

0.5 tsp salt

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

	0.3 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 piclup 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

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 %: O% (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%)