



Buttery Cornbread

READY IN



45 min.

SERVINGS



6

CALORIES



370 kcal

BREAD

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 cup butter melted
- ☐ 2 tablespoons butter
- ☐ 0.8 cup cornmeal (not cornmeal mix)
- ☐ 1 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar

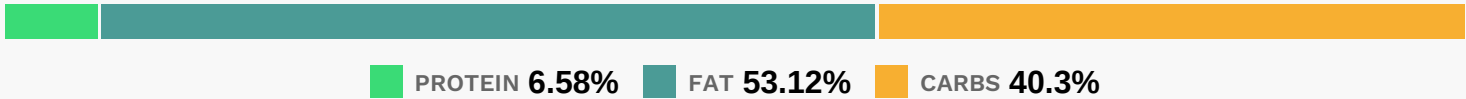
Equipment

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

Directions

- ☐ Combine first 5 ingredients in a large bowl.
- ☐ Combine egg, milk, and 1/2 cup melted butter; stir with a wire whisk.
- ☐ Add egg mixture to dry ingredients, stirring just until dry ingredients are moistened. Set aside.
- ☐ Melt 2 tablespoons butter in an 8" cast-iron skillet over medium-high heat.
- ☐ Pour batter into skillet.
- ☐ Bake at 425 for 20 to 25 minutes or until a wooden pick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:45.85, Glycemic Load:15.34, Inflammation Score:-7, Nutrition Score:10.166956385355%

Nutrients (% of daily need)

Calories: 370.19kcal (18.51%), Fat: 22.09g (33.98%), Saturated Fat: 5.17g (32.32%), Carbohydrates: 37.69g (12.56%), Net Carbohydrates: 35.79g (13.01%), Sugar: 5.55g (6.16%), Cholesterol: 34.66mg (11.55%), Sodium: 888.51mg (38.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.16g (12.32%), Phosphorus: 256.31mg (25.63%), Folate: 98.33µg (24.58%), Calcium: 232.24mg (23.22%), Vitamin B1: 0.34mg (22.55%), Vitamin B2: 0.28mg (16.64%), Vitamin A: 832.05IU (16.64%), Selenium: 10.23µg (14.61%), Iron: 2.39mg (13.29%), Manganese: 0.26mg (12.81%), Vitamin B3: 2.38mg (11.89%), Fiber: 1.91g (7.62%), Vitamin E: 0.96mg (6.42%), Vitamin B6: 0.13mg (6.27%), Magnesium: 21.83mg (5.46%), Vitamin B5: 0.46mg (4.59%), Zinc: 0.67mg (4.5%), Vitamin B12: 0.26µg (4.3%), Potassium: 131.99mg (3.77%), Vitamin D: 0.5µg (3.35%), Copper: 0.07mg (3.32%), Vitamin K: 2.45µg (2.33%)