



## Cheddar Corn Bread

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



616 kcal

BREAD

### Ingredients

- 0.5 cup cheddar cheese grated
- 0.5 cup flour all-purpose
- 1 tablespoon sugar
- 1 cup buttermilk well-shaken
- 0.5 teaspoon salt
- 0.8 teaspoon baking soda
- 0.5 cup cornmeal yellow
- 1 large eggs

- 1 teaspoon double-acting baking powder
- 2 tablespoons butter unsalted cut into pieces

## Equipment

- bowl
- paper towels
- oven
- whisk
- baking pan
- aluminum foil
- microwave

## Directions

- Preheat oven to 400°F.
- Into a large bowl sift together cornmeal, flour, sugar, salt, baking soda, and baking powder. Put butter in a well seasoned 8-inch cast iron skillet or a 1-quart baking dish and heat in middle of oven until melted. Swirl skillet or baking dish to coat bottom and sides with butter and pour excess into another large bowl.
- Whisk buttermilk and egg into bowl with butter. Stir buttermilk mixture and Cheddar into cornmeal mixture until just combined.
- Pour batter into hot skillet or baking dish and bake 20 minutes, or until a tester inserted in center comes out clean.
- Cool corn bread in skillet or baking dish on a rack 10 minutes. Corn bread may be made 1 day ahead and cooled to room temperature before being chilled, wrapped in foil.
- Cut corn bread into 8 wedges. Reheat corn bread, covered with a paper towel to retain moisture, in a microwave oven 30 seconds on high.

## Nutrition Facts

 **PROTEIN 13.5%**  **FAT 43.69%**  **CARBS 42.81%**

## Properties

Glycemic Index:181.8, Glycemic Load:41.24, Inflammation Score:-7, Nutrition Score:20.133478216503%

## Nutrients (% of daily need)

Calories: 616.34kcal (30.82%), Fat: 29.97g (46.11%), Saturated Fat: 16.14g (100.88%), Carbohydrates: 66.09g (22.03%), Net Carbohydrates: 61.5g (22.37%), Sugar: 12.74g (14.16%), Cholesterol: 164.55mg (54.85%), Sodium: 1553.84mg (67.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.85g (41.69%), Calcium: 480.1mg (48.01%), Selenium: 33.27µg (47.53%), Phosphorus: 451.25mg (45.13%), Vitamin B2: 0.64mg (37.79%), Vitamin B1: 0.44mg (29.32%), Manganese: 0.49mg (24.25%), Folate: 94.81µg (23.7%), Zinc: 3.28mg (21.87%), Vitamin A: 965.92IU (19.32%), Iron: 3.39mg (18.82%), Fiber: 4.58g (18.34%), Vitamin B12: 1.1µg (18.3%), Magnesium: 72.87mg (18.22%), Vitamin B6: 0.35mg (17.69%), Vitamin D: 2.44µg (16.26%), Vitamin B3: 2.97mg (14.87%), Vitamin B5: 1.34mg (13.45%), Potassium: 383.68mg (10.96%), Copper: 0.2mg (10.09%), Vitamin E: 1.05mg (6.99%), Vitamin K: 2.27µg (2.16%)