



## Cheesy Cornbread

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



310 kcal

### Ingredients

- 2 cups buttermilk
- 1.8 cups self-rising cornmeal yellow
- 1 large eggs
- 2 cups sharp cheddar cheese shredded
- 3 teaspoons vegetable oil

### Equipment

- frying pan
- oven
- whisk

muffin tray

## Directions

Preheat oven to 45

Coat bottom and sides of an 8-inch cast-iron skillet with vegetable oil; heat in oven 5 minutes.

Whisk together buttermilk, egg, cheese, and cornmeal.

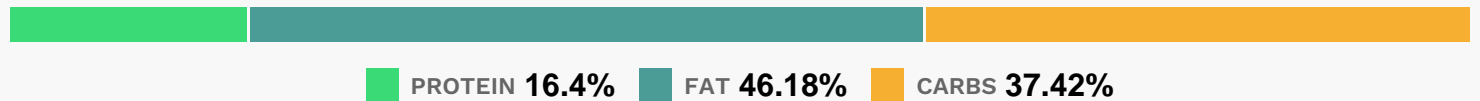
Pour into hot skillet.

Bake 25 minutes.

Cheesy Cornbread Muffins

Omit vegetable oil. Prepare recipe as directed, spooning batter into a lightly greased 12-cup muffin pan, filling three-fourths full. Decrease bake time to 15 to 17 minutes or until tops are golden brown.

## Nutrition Facts



## Properties

Glycemic Index:15.81, Glycemic Load:16.22, Inflammation Score:-4, Nutrition Score:10.323913014453%

## Nutrients (% of daily need)

Calories: 309.88kcal (15.49%), Fat: 15.92g (24.49%), Saturated Fat: 7.38g (46.12%), Carbohydrates: 29.02g (9.67%), Net Carbohydrates: 25.75g (9.36%), Sugar: 3.59g (3.99%), Cholesterol: 58.1mg (19.37%), Sodium: 258.02mg (11.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.72g (25.44%), Calcium: 274.31mg (27.43%), Phosphorus: 271.02mg (27.1%), Selenium: 14.22µg (20.31%), Vitamin B2: 0.29mg (16.98%), Zinc: 2.42mg (16.16%), Fiber: 3.27g (13.08%), Magnesium: 51.59mg (12.9%), Vitamin B6: 0.26mg (12.85%), Manganese: 0.23mg (11.5%), Vitamin B12: 0.63µg (10.52%), Vitamin B1: 0.14mg (9.55%), Vitamin A: 415.82IU (8.32%), Vitamin D: 1.07µg (7.16%), Iron: 1.21mg (6.74%), Vitamin B5: 0.65mg (6.47%), Potassium: 223.37mg (6.38%), Folate: 23.7µg (5.92%), Copper: 0.11mg (5.65%), Vitamin B3: 0.93mg (4.66%), Vitamin E: 0.59mg (3.91%), Vitamin K: 4.05µg (3.86%)