



Cheesy Skillet Cornbread

READY IN



50 min.

SERVINGS



8

CALORIES



245 kcal

BREAD

Ingredients

- ☐ 1 cup cornmeal
- ☐ 0.5 cup flour
- ☐ 1 Tbsp double-acting baking powder
- ☐ 1 Tbsp sugar
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sharp cheddar cheese shredded
- ☐ 0.3 cup onion chopped
- ☐ 1 cup milk

- ☐ 3 Tbsp add carrot and onion to bacon fat . cook warmed (to liquid)
- ☐ 1 eggs beaten
- ☐ 0.8 cup from a can fresh frozen cooked drained
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Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ pot holder

Directions

- ☐ Place a 9 or 10-inch cast iron pan in the oven and preheat the oven to 350°F.
- ☐ In a large bowl, whisk together the cornmeal, flour, baking powder, sugar, garlic powder, and salt.
- ☐ Add remaining ingredients, and stir until just combined.
- ☐ Carefully remove the hot pan from the oven (remember the handle is hot!).
- ☐ Place a teaspoon of bacon fat in the bottom of the hot pan and swirl it around until it is all melted and coating the bottom of the pan.
- ☐ Pour the batter from the mixing bowl into the pan. Remember to put a pot holder over the hot handle of the pan and return it to the oven.
- ☐ Bake for 40 minutes or until golden brown.
- ☐ Remove from oven and let the cornbread cool in the pan. Remember that the handle is hot and will stay hot for quite some time. I recommend rubbing an ice cube over the handle to cool it down, just to avoid someone burning their hand if they attempt to move the pan before it has cooled down enough.

Nutrition Facts



 PROTEIN **12.78%**  FAT **46.74%**  CARBS **40.48%**

Properties

Glycemic Index:50.32, Glycemic Load:15.13, Inflammation Score:-3, Nutrition Score:7.472608698451%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 245.46kcal (12.27%), Fat: 12.78g (19.67%), Saturated Fat: 5.72g (35.76%), Carbohydrates: 24.91g (8.3%), Net Carbohydrates: 22.71g (8.26%), Sugar: 3.58g (3.98%), Cholesterol: 43.23mg (14.41%), Sodium: 425.39mg (18.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.87g (15.73%), Calcium: 232.51mg (23.25%), Phosphorus: 195.41mg (19.54%), Selenium: 10.23µg (14.62%), Vitamin B2: 0.19mg (11.1%), Vitamin B1: 0.15mg (9.88%), Manganese: 0.2mg (9.78%), Zinc: 1.41mg (9.41%), Fiber: 2.2g (8.8%), Vitamin B6: 0.17mg (8.53%), Magnesium: 32.32mg (8.08%), Iron: 1.27mg (7.08%), Folate: 27.73µg (6.93%), Vitamin B12: 0.36µg (6.06%), Vitamin B3: 1mg (5.02%), Vitamin D: 0.66µg (4.41%), Vitamin A: 220.74IU (4.41%), Potassium: 148.71mg (4.25%), Vitamin B5: 0.42mg (4.18%), Copper: 0.07mg (3.63%), Vitamin E: 0.29mg (1.95%)