



Classic Cornbread

READY IN



35 min.

SERVINGS



10

CALORIES



226 kcal

Ingredients

- 3 tablespoons warm bacon drippings divided
- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 4 tablespoons butter divided melted
- 1.3 cups buttermilk
- 1 large eggs lightly beaten
- 1.5 cups cornmeal yellow stone-ground
- 1 teaspoon coarsely ground pepper
- 0.5 cup milk
- 1 teaspoon salt

0.5 cup unbleached flour all-purpose

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- grill

Directions

- Preheat oven to 45
- Place 1 Tbsp. melted butter and 1 Tbsp. bacon drippings in a 10-inch cast-iron skillet; heat in oven 5 minutes.
- Meanwhile, sift together cornmeal and next 5 ingredients in a bowl.
- Whisk together egg and both milks; whisk into cornmeal mixture just until combined.
- Whisk in remaining 3 Tbsp. butter and 2 Tbsp. drippings.
- Pour into hot skillet.
- Bake at 450 for 20 minutes or until golden brown and firm. Cool 5 minutes; remove from pan, and serve. Or cool completely in pan on a wire rack (about 1 hour).
- Recipe brought to the table by chef Frank Stitt of Highlands Bar and Grill in Birmingham, Alabama.

Nutrition Facts



PROTEIN 8.94% **FAT 47.92%** **CARBS 43.14%**

Properties

Glycemic Index:38.65, Glycemic Load:14.57, Inflammation Score:-3, Nutrition Score:5.9660870044128%

Nutrients (% of daily need)

Calories: 225.84kcal (11.29%), Fat: 12.05g (18.54%), Saturated Fat: 5.73g (35.82%), Carbohydrates: 24.41g (8.14%), Net Carbohydrates: 21.95g (7.98%), Sugar: 2.46g (2.74%), Cholesterol: 39.39mg (13.13%), Sodium: 395.13mg (17.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.06g (10.11%), Phosphorus: 114.18mg (11.42%), Manganese: 0.22mg (11.24%), Fiber: 2.46g (9.85%), Vitamin B1: 0.14mg (9.6%), Selenium: 6.49µg (9.28%), Vitamin B2: 0.15mg (8.62%), Vitamin B6: 0.17mg (8.55%), Magnesium: 32.47mg (8.12%), Calcium: 68.8mg (6.88%), Zinc: 1.02mg (6.83%), Iron: 1.14mg (6.36%), Folate: 23.6µg (5.9%), Vitamin B3: 1.01mg (5.03%), Vitamin D: 0.73µg (4.86%), Vitamin A: 237.3IU (4.75%), Potassium: 153.27mg (4.38%), Vitamin B12: 0.26µg (4.3%), Vitamin B5: 0.41mg (4.14%), Copper: 0.08mg (4.04%), Vitamin E: 0.33mg (2.19%)