



Cook the Book: Truman Capote's Family's Cornbread

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



229 kcal

Ingredients

- ☐ 1 tablespoon add carrot and onion to bacon fat . cook
- ☐ 1 teaspoon baking soda
- ☐ 2 cups buttermilk
- ☐ 2 eggs
- ☐ 2 cups cornmeal white stone-ground
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar

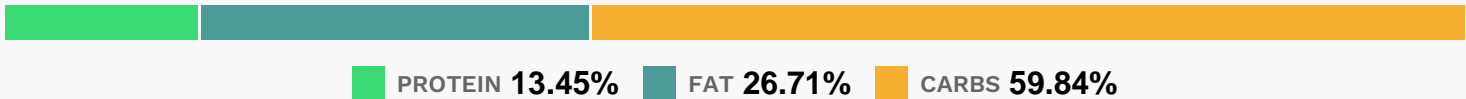
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Preheat oven to 450°F.
- ☐ Place the butter or drippings in a 10-inch cast iron skillet; place it in the oven.
- ☐ Combine the eggs and buttermilk in a small bowl or measuring cup, whisking together well with a fork.
- ☐ In a medium bowl, combine the sugar, salt, baking soda, and cornmeal; stir well to combine.
- ☐ Stir the egg mixture into the dry ingredients, beating just until the dry ingredients are moistened and no more.
- ☐ Pull the skillet from the oven. It should be hot, with the fat sizzling. Swirl the pan to coat. Quickly transfer batter to skillet; return skillet to oven.
- ☐ Bake until browned and pulling away from skillet, 20 to 25 minutes.
- ☐ Serve hot, in wedges.

Nutrition Facts



Properties

Glycemic Index:12.64, Glycemic Load:1.26, Inflammation Score:-3, Nutrition Score:8.3578261124051%

Nutrients (% of daily need)

Calories: 228.76kcal (11.44%), Fat: 6.78g (10.43%), Saturated Fat: 2.51g (15.66%), Carbohydrates: 34.17g (11.39%), Net Carbohydrates: 30.03g (10.92%), Sugar: 4.05g (4.5%), Cholesterol: 49.18mg (16.39%), Sodium: 510.33mg (22.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.68g (15.36%), Phosphorus: 184.08mg (18.41%), Fiber: 4.13g (16.54%), Magnesium: 57.01mg (14.25%), Vitamin B5: 1.39mg (13.86%), Vitamin B6: 0.27mg (13.6%), Manganese: 0.26mg (13.15%), Vitamin B2: 0.21mg (12.24%), Zinc: 1.66mg (11.07%), Vitamin B1: 0.16mg (10.39%), Iron: 1.72mg (9.55%), Selenium: 5.6µg (8%), Calcium: 79.72mg (7.97%), Potassium: 272.34mg (7.78%), Vitamin D: 1.04µg

(6.96%), Vitamin B12: 0.37µg (6.23%), Vitamin B3: 1.18mg (5.88%), Copper: 0.11mg (5.51%), Folate: 20.89µg (5.22%),
Vitamin A: 158.4IU (3.17%), Vitamin E: 0.32mg (2.1%)