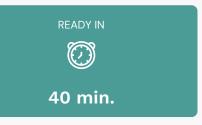


Corn Bread

Vegetarian







BREAD

Ingredients

1 teaspoon double-acting baking powder
1 teaspoon baking soda
3 cups buttermilk well-shaken
2 large eggs lightly beaten
1 cup flour all-purpose
2 teaspoons kosher salt
1.5 cups butter unsalted melted

3 cups cornmeal white

Equipment	
	oven
\	whisk
a	aluminum foil
Dire	ections
H	Heat dry skillets in upper and lower thirds of oven while preheating oven to 450°F.
\ \ \	Whisk together cornmeal, flour, baking powder and soda, and salt.
	Add eggs, buttermilk, and 1 cup melted butter, then quickly stir together.
	Remove hot skillets from oven. Divide remaining 1/2 cup melted butter between them, then divide batter between pans.
	Bake in upper and lower thirds of oven, switching position of pans halfway through baking, until golden and a tester inserted in center comes out clean, 15 to 20 minutes total.
_	• If you are making corn bread ahead for croutons, reheat remainder in skillets or wrapped in foil, in a 350°F oven 10 to 15 minutes before serving.
Nutrition Facts	
	PROTEIN 7.66% FAT 55.48% CARBS 36.86%

Properties

Glycemic Index: 9.9, Glycemic Load: 4.05, Inflammation Score: -4, Nutrition Score: 6.5226086274437%

Nutrients (% of daily need)

Calories: 269.32kcal (13.47%), Fat: 16.74g (25.75%), Saturated Fat: 9.8g (61.24%), Carbohydrates: 25.03g (8.34%), Net Carbohydrates: 22.38g (8.14%), Sugar: 2.15g (2.39%), Cholesterol: 59.16mg (19.72%), Sodium: 356.32mg (15.49%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 5.2g (10.39%), Phosphorus: 122.5mg (12.25%), Fiber: 2.65g (10.6%), Vitamin A: 511.85IU (10.24%), Manganese: O.2mg (10.04%), Vitamin B1: O.14mg (9.52%), Vitamin B2: 0.15mg (9.07%), Magnesium: 35.79mg (8.95%), Vitamin B5: O.85mg (8.53%), Vitamin B6: O.16mg (8.19%), Selenium: 5.16µg (7.37%), Iron: 1.32mg (7.33%), Zinc: 1.03mg (6.89%), Calcium: 63.74mg (6.37%), Folate: 23.73µg (5.93%), Vitamin D: O.82µg (5.49%), Vitamin B3: 1.08mg (5.4%), Potassium: 172.02mg (4.91%), Vitamin B12: O.24µg (3.98%), Copper: O.08mg (3.84%), Vitamin E: O.56mg (3.76%), Vitamin K: 1.43µg (1.36%)