



Corn Bread

 Vegetarian

READY IN



40 min.

SERVINGS



20

CALORIES



269 kcal

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

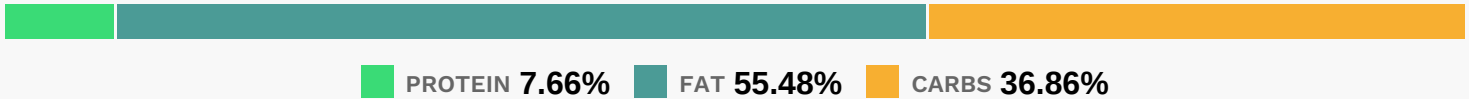
Equipment

- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Heat dry skillet 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 skillet 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 skillet or wrapped in foil, in a 350°F oven 10 to 15 minutes before serving.

Nutrition Facts



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: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.39%), Phosphorus: 122.5mg (12.25%), Fiber: 2.65g (10.6%), Vitamin A: 511.85IU (10.24%), Manganese: 0.2mg (10.04%), Vitamin B1: 0.14mg (9.52%), Vitamin B2: 0.15mg (9.07%), Magnesium: 35.79mg (8.95%), Vitamin B5: 0.85mg (8.53%), Vitamin B6: 0.16mg (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: 0.82µg (5.49%), Vitamin B3: 1.08mg (5.4%), Potassium: 172.02mg (4.91%), Vitamin B12: 0.24µg (3.98%), Copper: 0.08mg (3.84%), Vitamin E: 0.56mg (3.76%), Vitamin K: 1.43µg (1.36%)