

Cornbread

READY IN



50 min.

SERVINGS



8

CALORIES



369 kcal

BREAD

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 2 tablespoons chives finely chopped
- ☐ 4 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 cups cornmeal white yellow stone-ground
- ☐ 2 teaspoons kosher salt
- ☐ 2 cups milk
- ☐ 2 tablespoons sugar

☐ 4 strips bacon thick-cut chopped

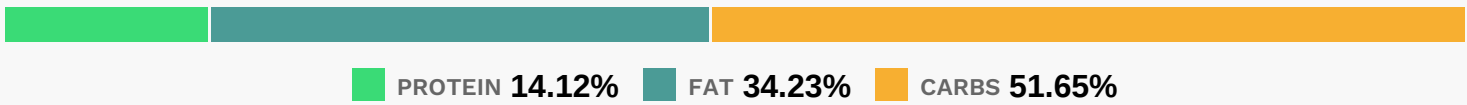
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ toothpicks

Directions

- ☐ Heat the oven to 375 degrees F.
- ☐ Put the bacon into a cold 10-inch cast iron pan and cook over medium heat until the fat is rendered and the bacon bits are crisp. Do not let it burn.
- ☐ Remove the bacon to a paper towel lined plate. Keep the bacon fat in the pan and set aside.
- ☐ In a large bowl, whisk together the cornmeal, flour, sugar, baking powder, baking soda, and salt. In a separate bowl beat the eggs with a whisk until foamy; whisk in the milk.
- ☐ Add the wet ingredients to the dry ingredients and stir just until combined. Fold in the bacon bits, and chives.
- ☐ Pour the batter into the cast iron pan.
- ☐ Bake until a toothpick inserted in the center comes out clean, about 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:48.57, Glycemic Load:29.35, Inflammation Score:-4, Nutrition Score:12.774782569512%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg,

Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 369.23kcal (18.46%), Fat: 13.98g (21.51%), Saturated Fat: 4.75g (29.69%), Carbohydrates: 47.46g (15.82%), Net Carbohydrates: 43.28g (15.74%), Sugar: 6.7g (7.44%), Cholesterol: 112.2mg (37.4%), Sodium: 1140.77mg (49.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.98g (25.95%), Selenium: 20.16µg (28.81%), Phosphorus: 265.69mg (26.57%), Vitamin B1: 0.34mg (22.42%), Vitamin B2: 0.33mg (19.33%), Manganese: 0.38mg (18.87%), Vitamin B6: 0.37mg (18.5%), Fiber: 4.18g (16.72%), Calcium: 154.5mg (15.45%), Magnesium: 59.05mg (14.76%), Zinc: 2.13mg (14.22%), Iron: 2.55mg (14.19%), Folate: 54.65µg (13.66%), Vitamin B3: 2.72mg (13.58%), Vitamin B12: 0.64µg (10.7%), Vitamin B5: 1.02mg (10.18%), Potassium: 308.95mg (8.83%), Vitamin D: 1.24µg (8.29%), Copper: 0.15mg (7.34%), Vitamin A: 273.13IU (5.46%), Vitamin E: 0.53mg (3.52%), Vitamin K: 1.98µg (1.89%)