



Cornbread I



Gluten Free



Popular

READY IN



55 min.

SERVINGS



8

CALORIES



117 kcal

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 1 eggs
- ☐ 1 cup cornmeal stone ground
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon shortening

Equipment

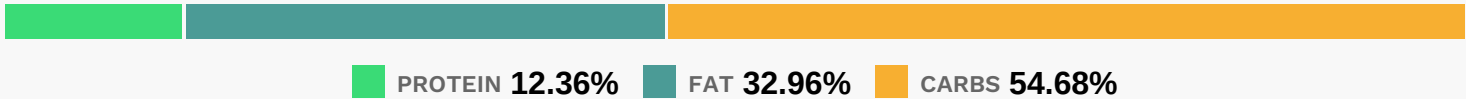
- ☐ bowl
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 450 degrees F (225 degrees C). Melt the shortening in a 9 inch round iron skillet in the heating oven.
- ☐ In a large bowl, stir the cornmeal, salt and baking soda together. Stir in the egg and buttermilk.
- ☐ Remove skillet from the oven and pour the batter into the skillet, stirring the melted shortening into the batter.
- ☐ Bake in the preheated oven for 30 to 40 minutes.
- ☐ Remove from oven when top of cornbread is brown and it feels firm to the touch. Turn out on to a serving plate.
- ☐ Cut into wedges and serve immediately with butter.

Nutrition Facts



Properties

Glycemic Index:12.44, Glycemic Load:9.1, Inflammation Score:-2, Nutrition Score:3.9213042958923%

Nutrients (% of daily need)

Calories: 116.93kcal (5.85%), Fat: 4.28g (6.59%), Saturated Fat: 1.35g (8.43%), Carbohydrates: 15.99g (5.33%), Net Carbohydrates: 14.12g (5.14%), Sugar: 1.79g (1.99%), Cholesterol: 23.76mg (7.92%), Sodium: 399.25mg (17.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.23%), Phosphorus: 81.11mg (8.11%), Fiber: 1.87g (7.47%), Vitamin B6: 0.14mg (6.87%), Manganese: 0.13mg (6.54%), Magnesium: 24.93mg (6.23%), Selenium: 3.99µg (5.7%), Vitamin B2: 0.1mg (5.6%), Zinc: 0.8mg (5.35%), Vitamin B1: 0.08mg (5.08%), Iron: 0.7mg (3.91%), Calcium: 38.97mg (3.9%), Vitamin D: 0.5µg (3.33%), Vitamin B5: 0.33mg (3.27%), Potassium: 112.15mg (3.2%), Vitamin B12: 0.19µg (3.12%), Copper: 0.06mg (2.99%), Folate: 10.84µg (2.71%), Vitamin B3: 0.52mg (2.61%), Vitamin E: 0.25mg (1.67%), Vitamin A: 79.2IU (1.58%)