



## Cornbread with Bacon Crust

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



176 kcal

### Ingredients

- 3 tablespoons agave nectar
- 1.5 cups flour
- 1 tablespoon double-acting baking powder
- 2 cups corn kernels frozen (unthawed)
- 1.5 cups cornmeal
- 3 large eggs
- 3 tablespoons brown sugar
- 1 teaspoon salt
- 2 tablespoons butter unsalted melted

1.7 cups milk whole

## Equipment

bowl

frying pan

paper towels

oven

whisk

## Directions

Cook bacon in large skillet over medium heat until crisp.

Drain on paper towels. Reserve 2 tablespoons drippings from skillet. Crumble bacon into small pieces.

Preheat oven to 350°F. Coat 12-inch diameter ovenproof skillet with bacon drippings.

Whisk cornmeal and next 4 ingredients in large bowl.

Whisk milk, eggs, honey, and butter in medium bowl. Stir milk mixture into dry ingredients.

Mix in corn.

Place prepared skillet in oven until very hot, about 10 minutes.

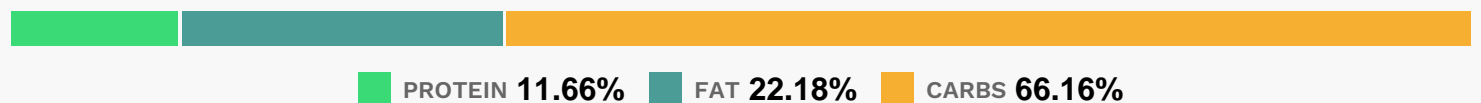
Pour batter into skillet.

Sprinkle bacon over.

Bake cornbread until golden and tester inserted into center comes out clean, about 50 minutes. Cool in skillet at least 30 minutes.

Serve cornbread directly from skillet. DO AHEAD: Can be made 8 hours ahead. If desired, reheat uncovered in 350°F oven 10 to 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:18.03, Glycemic Load:14.04, Inflammation Score:-3, Nutrition Score:6.1643478507581%

## Nutrients (% of daily need)

Calories: 175.99kcal (8.8%), Fat: 4.38g (6.74%), Saturated Fat: 1.89g (11.81%), Carbohydrates: 29.42g (9.81%), Net Carbohydrates: 27.28g (9.92%), Sugar: 7.29g (8.1%), Cholesterol: 41.69mg (13.9%), Sodium: 291.65mg (12.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.37%), Selenium: 8.46µg (12.09%), Phosphorus: 116.84mg (11.68%), Vitamin B1: 0.17mg (11.14%), Vitamin B2: 0.17mg (10.29%), Manganese: 0.2mg (10.23%), Folate: 39.76µg (9.94%), Calcium: 86.27mg (8.63%), Fiber: 2.14g (8.55%), Iron: 1.31mg (7.29%), Vitamin B6: 0.14mg (7.12%), Vitamin B3: 1.33mg (6.65%), Magnesium: 25.85mg (6.46%), Zinc: 0.84mg (5.59%), Vitamin B5: 0.46mg (4.56%), Potassium: 142.41mg (4.07%), Vitamin B12: 0.22µg (3.73%), Copper: 0.07mg (3.43%), Vitamin D: 0.49µg (3.29%), Vitamin A: 144.76IU (2.9%), Vitamin E: 0.27mg (1.81%), Vitamin C: 1mg (1.21%), Vitamin K: 1.18µg (1.12%)