



Cornbread with Bacon Crust

READY IN



45 min.

SERVINGS



16

CALORIES



270 kcal

Ingredients

- ☐ 3 tablespoons agave syrup
- ☐ 1.5 cups all purpose flour
- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 cups corn kernels frozen (unthawed)
- ☐ 1.5 cups medium-grind cornmeal
- ☐ 3 large eggs
- ☐ 3 tablespoons brown sugar
- ☐ 1 teaspoon salt
- ☐ 10 slices bacon thick-cut
- ☐ 2 tablespoons butter unsalted melted

☐ 1.7 cups milk whole

Equipment

☐ bowl

☐ frying pan

☐ paper towels

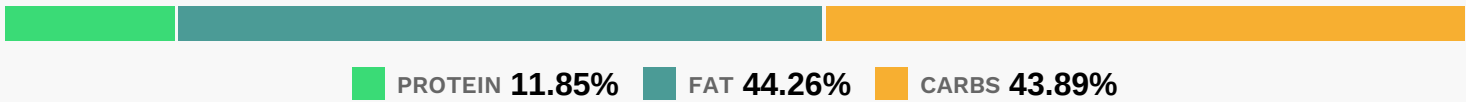
☐ oven

☐ 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, rewarm 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:7.5508694907893%

Nutrients (% of daily need)

Calories: 269.81kcal (13.49%), Fat: 13.31g (20.48%), Saturated Fat: 4.88g (30.5%), Carbohydrates: 29.71g (9.9%), Net Carbohydrates: 27.57g (10.03%), Sugar: 7.29g (8.1%), Cholesterol: 56.54mg (18.85%), Sodium: 440.6mg (19.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.05%), Selenium: 12.99µg (18.55%), Vitamin B1: 0.23mg (15.28%), Phosphorus: 149.24mg (14.92%), Vitamin B2: 0.19mg (11.37%), Vitamin B3: 2.23mg (11.17%), Manganese: 0.21mg (10.36%), Vitamin B6: 0.2mg (10.11%), Folate: 39.76µg (9.94%), Calcium: 87.39mg (8.74%), Fiber: 2.14g (8.55%), Iron: 1.4mg (7.8%), Zinc: 1.1mg (7.36%), Magnesium: 28.55mg (7.14%), Vitamin B5: 0.58mg (5.81%), Vitamin B12: 0.34µg (5.6%), Potassium: 186.96mg (5.34%), Copper: 0.08mg (3.9%), Vitamin D: 0.58µg (3.89%), Vitamin A: 153.08IU (3.06%), Vitamin E: 0.37mg (2.45%), Vitamin C: 1mg (1.21%), Vitamin K: 1.18µg (1.12%)