



Cornbread with Caramelized Apples and Onions

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



430 kcal

BREAD

Ingredients

- 1 tablespoon double-acting baking powder
- 8 servings pepper black freshly ground
- 1.5 cups buttermilk
- 1.5 cups cornmeal
- 2 large eggs
- 1 cup flour all-purpose
- 3 teaspoons thyme sprigs fresh divided

- 1 teaspoon kosher salt plus more
- 1 medium onion thinly sliced
- 2 medium pink lady apples thinly sliced (such as Pink Lady)
- 5 tablespoons sugar divided
- 0.8 cup butter unsalted

Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Preheat oven to 400°F. Melt butter in an 8" cast-iron skillet over medium-high heat.
- Pour all but 2 tablespoons butter into a small bowl; set aside.
- Add onion to butter in skillet; season with salt and pepper, and cook, stirring occasionally, until onion is softened and beginning to brown, about 4 minutes.
- Add apples, 2 tablespoons sugar, and 2 teaspoons thyme and cook, stirring often, until apples are softened, about 4 minutes.
- Transfer onion mixture to a medium bowl and reserve skillet.
- Whisk cornmeal, flour, baking powder, 1 teaspoon salt, and remaining 3 tablespoons sugar in a large bowl. Gradually whisk in eggs, buttermilk, and 3/4 cup reserved melted butter until smooth (no lumps should remain). Fold in half of onion mixture and scrape batter into reserved skillet. Top with remaining onion mixture and remaining 1 teaspoon thyme.
- Bake cornbread until golden brown and a tester inserted into the center comes out clean, 30–40 minutes.
- Let cool slightly before serving.
- DO AHEAD: Cornbread can be made 6 hours ahead. Reheat before serving, if desired.

Nutrition Facts



■ PROTEIN 7.39% ■ FAT 45.29% ■ CARBS 47.32%

Properties

Glycemic Index:59.07, Glycemic Load:29.88, Inflammation Score:-8, Nutrition Score:11.160434598508%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

Nutrients (% of daily need)

Calories: 429.56kcal (21.48%), Fat: 21.98g (33.81%), Saturated Fat: 12.54g (78.35%), Carbohydrates: 51.65g (17.22%), Net Carbohydrates: 46.97g (17.08%), Sugar: 15.56g (17.29%), Cholesterol: 97.2mg (32.4%), Sodium: 519.7mg (22.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.07g (16.15%), Phosphorus: 194.87mg (19.49%), Fiber: 4.68g (18.73%), Selenium: 12.92µg (18.46%), Manganese: 0.36mg (18.22%), Vitamin B1: 0.25mg (16.92%), Calcium: 165.76mg (16.58%), Vitamin B2: 0.27mg (15.73%), Vitamin A: 734.59IU (14.69%), Folate: 51.83µg (12.96%), Vitamin B6: 0.26mg (12.95%), Iron: 2.25mg (12.49%), Magnesium: 47.2mg (11.8%), Zinc: 1.44mg (9.62%), Vitamin B3: 1.79mg (8.95%), Potassium: 270.99mg (7.74%), Vitamin D: 1.15µg (7.69%), Copper: 0.14mg (7.12%), Vitamin B5: 0.68mg (6.81%), Vitamin B12: 0.35µg (5.91%), Vitamin E: 0.86mg (5.75%), Vitamin C: 4.31mg (5.23%), Vitamin K: 2.99µg (2.85%)